

RECIPE

Hero Vegetable: White Beans

White Bean Artichoke Hummus

Ingredients:

15 oz white beans, cooked 15 oz artichokes with juice, roughly chopped ¼ cup almonds, toasted 4 cloves garlic, lightly pan roasted 2 Tbs tahini 5 basil leaves, torn Salt to taste Olive oil

Directions:

Combine all the ingredients in a food processor, continuously adding olive oil until smooth and creamy. Place in a container, topping with more olive oil.