

# CANNELLINI BEAN "HUMMUS"

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## INGREDIENTS

1 clove garlic, roasted  
1 15 ounce can rinsed white bean (navy, cannellini, etc)  
Juice of half a lemon  
2 tablespoons olive oil  
1 teaspoons water, if needed  
Salt and pepper (about ½ teaspoon salt and ⅛ teaspoon pepper)

## DIRECTIONS

1. Heat oven to 400 degrees. Cut the very top of the garlic bulb (about ¼ inch) and add a dash of neutral oil. Cook for about 30 to 40 minutes till the garlic is soft.
2. After garlic is cooked and cool enough to touch, squeeze all of the garlic out of the skin and discard/compost, add all ingredients to a food processor or mini chopper. Adjust for salt and pepper to taste.

Notes: This is a great dip to serve as an appetizer with fresh cut veggies or on bread with cut cucumbers and cheese as a quick sandwich. Feel free to add in chopped fresh herbs like parsley, cilantro or chives. For those that like a little spice, consider adding a bit of cayenne pepper.