

WHITE BEAN HUMMUS

If you're a hummus addict, give this white bean version a try!

by Corporate Chef Kurt Kwiatkowski

Featured Food: Dried Beans

Yield: Makes 2 cups

Ingredients

1-15 oz. can (1 ½ c.) cannellini beans, drained and rinsed	½ t. hot sauce such as sriracha hot chili sauce
Or ½ c. dried beans, cooked and drained	¼ c. olive oil
1 clove of garlic, chopped	¼ c. chopped fresh flat leaf parsley
1 ½ to 2 T. freshly squeezed lemon juice	Salt to taste
1 T. white balsamic vinegar	Freshly ground black pepper to taste
1 t. Dijon mustard	

Preparation

Put beans, garlic, lemon juice, vinegar, mustard and hot sauce into a food processor and blend until smooth. Slowly add olive oil and continue to blend for 30 seconds.

Scrape bean mixture into a bowl and fold in parsley. Taste; adjust seasoning with salt and pepper as needed.

Note: Hummus is usually made with chickpeas. Here, we use cannellini beans for a change of flavor and a creamier texture. Other white beans may be substituted. Great Northern beans have the same flavor as cannellini beans although the texture won't be as smooth.