

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

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| 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.