

## Roasted Tomato and White Bean Dip

This creamy dip gets its great flavor from oven-roasted tomatoes. Roasting intensifies the flavor of the tomatoes, caramelizing the natural sugars and removing some of the water. The dip is versatile and can take on several flavor profiles with the addition of different seasonings. This recipe is for a basic dip.

### Ingredients

- 1 can white cannellini beans, drained and rinsed
- ½-¾ cup roasted tomatoes\*
- 2T olive oil
- 1T lemon juice
- 1 large clove roasted garlic (fresh garlic can be used but flavor will be sharper)
- Pinch cayenne pepper
- Salt and black pepper to taste



### Directions

Blend all ingredients in a food processor until desired creaminess. Adjust thickness with a bit more olive oil, lemon juice, or juice of tomatoes. Makes about 1 ¼ cup of dip. Serve with cut fresh vegetables or whole grain crackers.

### Other seasoning options:

- ½ tsp. ground cumin or
- ½ tsp. ground oregano
- 2T fresh basil leaves



### \*Roasting Tomatoes

Wash, core, and slice tomatoes in half. Plum tomatoes and small salad varieties work best because they contain less water and more pulp. Place sliced tomatoes cut side up on a baking sheet lined with parchment paper for easy cleanup. Brush with a small amount of olive oil. Sprinkle with salt and pepper if desired. Roast at 375-400°F until tomatoes are caramelized. Roasted tomatoes can be frozen in serving sized portions for future use.