

WHITE BEAN DIP WITH BAKED PITA CHIPS



PREP TIME: 25 MIN | COOK TIME: 15 MIN | SERVINGS: 6

Want a healthy snack for watching TV or entertaining friends? Try this delicious, high-protein bean dip. Enjoy it with fresh vegetables and barbecue-flavoured baked pita chips.



ABOUT THE CHEF

A culinary arts professor and consultant, cooking show host, and cookbook co-author, First Nation Chef David Wolfman is an internationally recognized expert in wild game and traditional Indigenous cuisine.



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INGREDIENTS

White Bean Dip

- 1 can (19 oz/540 mL) white kidney beans
- 2 tsp (10 mL) olive oil
- ½ tsp (2.5 mL) salt
- ¼ tsp (2.5 mL) ground black pepper
- 3 garlic cloves, roughly chopped
- ¼ tsp (1 mL) cayenne pepper
- ¼ tsp (1 mL) chili powder
- ½ tsp (2.5 mL) onion powder
- 1 tbsp (15 mL) chopped fresh parsley or
1 tsp (5 mL) dried parsley

Optional: sliced fresh vegetables (carrots, cucumber, broccoli, etc.) for dipping

Pita Chips

- 6 pitas (6"/15 cm), cut into 8 wedges
- ¼ cup (60 mL) olive oil
- 1 ½ tsp (7.5 mL) barbecue spice*
- ¼ tsp (1 mL) salt
- ¼ tsp (1 mL) ground black pepper

** or 1 tsp (5 mL) chili powder, ¼ tsp (1 mL) salt, and ¼ tsp (1 mL) brown sugar and a pinch of ground black pepper*

DIRECTIONS

White Bean Dip

1. Drain the beans, but reserve the liquid.
2. In a food processor or blender, blend the beans with 1 tablespoon of the liquid from can and all remaining ingredients until smooth. Add more liquid, if needed.
3. Taste and adjust seasonings to your liking. Chill dip until ready to use.
4. Serve with pita chips, fresh vegetables, or crackers.

Pita Chips

1. Preheat oven to 175°C (350°F).
2. Place pita wedges on a baking sheet. Combine olive oil, barbecue spice, salt and pepper. Brush mixture on each side of the pitas.
3. Bake for 12 to 14 minutes. Remove from oven and let cool.

TIPS

- » Store dip in the fridge for up to 3 days.