

Rosemary White Bean Hummus

1 can (15 ounces) white beans, such as cannellini, drained, 3-4 tablespoons liquid reserved

3 tablespoons tahini

3 tablespoons fresh lemon juice (from 1 lemons)

2 tablespoons extra-virgin olive oil

1 small garlic clove

1 tablespoon Rosemary

Coarse salt

2 teaspoons lemon zest (optional)

Directions:

Puree beans, tahini, lemon juice, oil, garlic and rosemary in a food processor until smooth, adding reserved bean liquid as needed to thin hummus to attain desired consistency. Season with salt to taste. If you desire a stronger lemon flavor, add in the lemon zest.

Serve with fresh cut vegetables and bread (if desired).

Class recipes can be found at www.evergreenhealth.com/recipes