

# White Bean and Sun-Dried Tomato Paté

## Ingredients

1 Tbsp olive oil	1 large onion, chopped
2 cloves garlic, minced	15 oz can unsalted cannellini beans, drained, rinsed
1/4 cup oil-cured sun-dried tomatoes	Juice of 1/2 lemon
2 1/2 Tbsp parsley, chopped	1/4 tsp thyme
pepper to taste	2 Tbsp water

## Instructions

1. Heat oil in skillet. Add the onion and sauté over moderate heat until translucent. Add the garlic and continue to sauté until the onion is just beginning to brown.
2. Combine the onion mixture with all the remaining ingredients except the pepper in a food processor. Process until completely smooth.
3. Drizzle in 2 Tbsp water to loosen the consistency. Scrape the sides of the bowl. Add water as needed.
4. Season with pepper.
5. Serve with raw vegetables.

### Kitchen Classroom

When using dried beans, follow these steps:

- Sort beans and discard any shriveled beans or debris.
- Rinse in cold water.
- Soak, covered with 2-3 inches of water for 8 hours or overnight. Discard water to decrease gas.
- Cook in large pot covered with 2 inches of water. Do not add salt now as it slows the beans softening. Bring to a boil and skim off any foam. Simmer for 1-2 hours or until tender.

## Nutrition Information per serving

**Serving Size: Makes 2 cups, 2 Tbsp serving**

**Calories: 35**

**Fat: 1.5 gm**

**Sodium: 15 mg**

**Fiber: 1 gm**

**Carbohydrates: 5 gm**

**Protein: 1 gm**

