

## White Bean Dip

- ¾ Cup dried white beans
- 1 Bay leaf
- ¼ Cup bean cooking liquid
- 2 Medium cloves garlic, minced
- 2 Tablespoons chopped fresh dill
- 2 Tablespoons chopped fresh mint
- 1 Tablespoon chopped fresh flat-leaf parsley
- 1 Tablespoon olive oil
- 2 Teaspoons fresh lemon juice
- ¼ Teaspoon salt
- Red pepper powder- pinch to taste
- Additional olive oil and fresh herbs for garnish



Soak the beans overnight in cold water. In the morning drain, reserving ¼ cup liquid.

Put the beans along with the reserved liquid in a blender or food processor and blend with the garlic, dill, mint, parsley, olive oil, lemon juice, salt, and red pepper powder. Add more oil or bean liquid if needed. Puree until smooth.

Taste, and adjust for seasoning, adding more salt or olive oil if desired.

Garnish with a generous drizzle of olive oil and a scattering of fresh chopped herbs.