

Herbed White Bean Dip (from Clean Food) **(Good on days 1, 2, 3, 4, 9, 10)**

2 tablespoons extra virgin olive oil

2 cloves garlic, minced

2 shallots, or 1 small sweet onion, diced

1 tablespoon minced fresh rosemary

1 tablespoon fresh thyme or lemon thyme leaves

¼ teaspoon sea salt

2 cups cooked white beans (navy, great northern or cannelloni)

4-5 dashes hot pepper sauce

1. In a small skillet over medium heat, sauté garlic and shallots in olive oil until soft (about 3 minutes.) Add rosemary, thyme and salt and reduce heat to medium-low. Cook for 5 minutes, and then remove from heat.
2. In a large bowl, combine beans with sautéed shallot mixture. Puree with handheld blender. Season to taste with hot pepper sauce and serve at room temperature.