

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