

This beetroot and cannellini bean dip recipe is a great homemade dip option that is both delicious and nutritious. Incorporating both beetroot and cannellini beans from the vegetables and legumes/beans food group, this is a great way to ensure you are featuring this food group on your menu. Feel free to swap the beetroot for another vegetable, such as roasted sweet potato, capsicum or pumpkin, or even swap the cannellini beans for another legume such as chickpeas!

Ingredients

Serves: 20

- **4 400g cans cannellini beans, drained and rinsed (approx. 1kg beans once drained)**
- **4 large cooked beetroots (approx. 500g), roughly chopped**
- **2 large garlic cloves, peeled and crushed**
- **8 tablespoons extra virgin olive oil**
- **8 tablespoons lemon juice**
- **1 tablespoon lemon zest**
- **Salt and pepper, to season**



Method

1. Place cannellini beans, beetroots, garlic, extra virgin olive oil, lemon juice and lemon zest in a food processor. Season lightly with salt and pepper.
2. Process until a smooth consistency is reached. Taste dip and adapt as required.
3. Serve dip with vegetable sticks or wholegrain crackers.

Notes

This recipe can be made ahead of time and stored in an airtight container in the refrigerator for a few days.

Food Group	Serves provided per portion
Vegetables and legumes/beans	1
Lean meats and alternatives (e.g. legumes/beans)	0.3