

Eat Your Heart Out Edibles ♥

Personal Chef Service and Made-to-Order Bakery

"Eat Hearty Without the Headache!"



Chef Angela's Feta/White Bean Dip with Pomegranate Seeds

Ingredients:

- ♥ 1 (14.5 oz.) can cannellini beans (drained/rinsed)
- ♥ 1/2 Cup Feta cheese
- ♥ 2 Tbs EACH of plain Greek yogurt, olive oil, and lemon juice
- ♥ 1 tsp cumin
- ♥ Salt & Pepper to taste (about 1/2 tsp each)
- ♥ 1/4 Cup pomegranate seeds
- ♥ 1 Tbs fresh parsley
- ♥ 1 Tbs drizzle of olive oil
- ♥ Pinch of salt and pepper
- ♥ Optional: 1/4 cup pumpkin seeds or sliced almonds



Instructions:

Purée cannellini beans, Feta cheese, Greek yogurt, olive oil, lemon juice, cumin, plus salt & pepper to taste.

Top with pomegranate seeds, fresh parsley, pinch of salt and pepper and drizzle with olive oil.

Sprinkle with nuts/seeds as desired.

Serve with fresh cut veggies or pitas; serves 4. Enjoy!!

Compliments of Eat Your Heart Out Edibles

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