

## Artichoke and White Bean Dip

1 15oz. can white beans, rinsed and drained  
1 6.5oz. jar marinated artichoke hearts, drain and reserve marinade  
2 cloves garlic, minced  
¼ cup sliced green onions  
2 Tablespoons minced red pepper  
1 Tablespoon lemon juice  
1 teaspoon rosemary, chopped fine (fresh) if using dry ½ teaspoon  
Salt to taste

1. In food processor puree white beans, liquid from artichokes and garlic. Add artichoke hearts and green onion, pulse off and on until chopped. Stir in red pepper, lemon juice and rosemary. Season with salt and pepper.
2. This is best made 24 hours ahead or at least 3-4 hours before eating. Serve with whole grain crackers and sliced veggies. This can also be used as a sandwich spread topped with sprouts, tomatoes and lettuce or stuffed in a pita pocket and topped with veggies.