

White Bean Hummus



This hummus is a great hoers de oeuvres spread with thin slices of warm baguette. It's also a great addition to any "Salad Night." You can make this hummus the day before you entertain. It will hold well in a container with a tight-fitting lid in the fridge for days.

Preparation Time: 15 minutes - Serves: 4-6

Organize Your Ingredients!

Notes on Organizing

You can actually simply prep as you go when making hummus.

White Bean Hummus

- 1 tsp. fresh rosemary leaves
- or
- 1/2 tsp. dried rosemary leaves
- 1 T. olive oil
- mixed with
- 2 tsp. white truffle oil

- 1 large clove garlic (smashed and peeled)
- 1/4 C. yellow onion (coarsely-chopped)
- 1 can Great Northern or white navy beans (drained and rinsed)

- 1/4 C. nonfat quark or thick Greek plain, nonfat yogurt
- 1 T. rice wine vinegar
- 6 pitted calamata olives

- 1 warmed baguette (thinly sliced)

Assembly Instructions

1. If using dried rosemary, place in small bowl with oils and heat 30 seconds in microwave. Let stand 5-10 minutes.
2. Cook garlic and onion 1 minute on high in a bowl in microwave. Cool for about 5 minutes.
3. Place everything but olives in food processor and blend until smooth. Add olives and pulse until olives are finely chopped.
4. Warm baguette in oven and slice in thin slices. Serve white bean hummus on platter surrounded with baguette rounds as hoers de oeuvres or with a side with a light supper.

