

Spicy White Bean Dip



3 tblsp olive oil
1 small onion, roughly chopped
3-4 garlic cloves, roughly chopped
1 15-oz. can white beans, drained and rinsed
3 tblsp lemon juice

1 1/2 tsp finely chopped fresh rosemary
1/2 tsp. sea salt
1/4 tsp cayenne pepper
1/4 tsp red pepper flakes
Extra virgin olive oil

Heat the oil in a large skillet over medium-high heat. Add the onion and reduce heat to medium. Sauté onion until tender being careful not to let the onion brown. Add the garlic and cook for another one to two minutes. Remove skillet from heat.

Add all the remaining ingredients except extra virgin olive oil. Either transfer the mixture to a blender or use a stick blender to process until a smooth puree. Keep in refrigerator until ready to serve. To serve, transfer to bowl and garnish with a small amount of extra virgin olive oil. Serve with pita triangles, pita chips or crackers.

Best made a day or more in advance to allow the flavors to mellow.

Enjoy!

Adapted from a recipe on [Myrecipes.com](http://www.myrecipes.com)

--Never Enough Thyme

<http://www.lanascooking.com>