

One Step Artichoke Bean Dip with Roasted Red Peppers

1 can Cannellini beans, rinsed and drained
1 can artichoke hearts, rinsed and drained
2 tsp extra virgin olive oil
3 Tbsp. lemon juice
2-3 cloves garlic, quartered
1/4 tsp salt
1/4 tsp cayenne pepper
1/3 cup roasted red pepper strips
1 Tbsp fresh basil

In a food processor, combine the first 7 ingredients and process until smooth. Transfer to serving bowl, cover and let stand at room temperature until ready to serve (2 hours) or cover and chill up to 24 hours. When ready to serve, top with peppers and basil. Serve with crackers, pita chips, or baguette slices (extra points.) I also add another 1/3 cup roasted peppers diced, stir in at the end.

Makes 4 servings @ 1 POINT or all Core