

## WHITE BEAN DIP WITH ROSEMARY

### Ingredients

- 1 Tbsp. olive oil
- 2 cloves garlic, peeled
- 2 cans white beans (15 oz. each)
- 2 T fresh lemon juice
- 2 tsp. kosher salt
- 3 sprigs fresh rosemary, rinsed

### Directions

1. Pick the rosemary leaves off the stem and add to a food processor. Whirl for 10 seconds.
2. Add the garlic to the food processor and whirl until minced.
3. Add white beans, lemon juice, and salt to the food processor and whirl until smooth; pour into a serving bowl.
4. Drizzle the olive oil over the bean dip. Garnish with fresh rosemary.
5. Serve with raw veggies.

Yields: 2 cups

Per 2 Tbsp serving:

Calories: 80

Fat: 2 g

Protein: 5 g

Carb: 10 g (5 g fiber)

## BLACK BEAN SALSA

### Ingredients

- 1 c. plum tomato, diced (about 3 tomatoes)
- ½ c. orange bell pepper, diced
- ½ c. mango, diced
- ¼ c. green onions, sliced
- 3 T fresh cilantro, chopped
- 2 T fresh lime juice
- 1 (15-ounce) can no-salt added black beans, rinsed and drained
- Salt and pepper to taste
- Cilantro sprigs (optional garnish)

### Directions

1. Combine tomato, bell pepper, mango, green onions, cilantro, lime juice, and rinsed beans in a medium bowl.
2. Season with salt and pepper to taste. Chill for several hours.
3. Serve as side dish, or on top of grilled fish or chicken.
4. Add whatever you like to this salsa to make it yours: pineapple, avocado, spices, etc... get creative!

Yields: ~ 3 cups

Per ½ cup serving:

Calories: 80

Fat: 0.5 g

Protein: 4 g

Carbs: 14 g (5 g fiber)

## RECIPES



*For eating well  
after bariatric  
surgery*



To view more recipes or submit your own, visit  
[www.muschealth.com/weightlossurgery](http://www.muschealth.com/weightlossurgery)