

Curry, Carrot, and White Bean Spread

From the King County Public Health Services

<http://www.kingcounty.gov/healthservices/health/nutrition/recipes/Appetizers/CurryCarrotSpread.aspx>

Ingredients

- 2 cups water
- 2 medium carrots, peeled and sliced
- 2 tablespoons olive oil
- 1/4 cup onion, chopped
- 1 clove garlic, minced
- 1/2 teaspoon curry powder
- 1/4 teaspoon ground cumin
- 1/2 cup canned white beans (Cannellini or navy beans), drained
- Salt to taste (optional)
- Chopped cilantro for garnish (optional)

Instructions

1. Bring water to a boil in a small saucepan then add carrots and cook for about 7-8 minutes or until tender. Drain then set aside.
2. Heat oil in a small skillet over medium-high heat. Add onion, garlic, curry and cumin and cook until onion is tender (about 4-5 minutes.)
3. Place carrots and onion mixture in a food processor or blender then add beans and salt (if using.) Blend until smooth or to desired consistency.
4. Transfer to a bowl, garnish with cilantro and serve with your favorite crackers or bread slices.

Makes 16 servings

Nutrition information per serving

Calories: 29

Total Fat: 2g

Saturated Fat: 0g

Cholesterol: 0mg

Carbohydrates: 3g

Protein: 1g

Dietary Fiber: 1g

Sodium: 3mg