

One minute Artichoke and White Bean Hummus

Keep your plate lean, green and incredibly tasty this Winter season!

As esteemed chef and renegade lunch lady Ann Cooper once told me, “winter can still be a glorious time to eat”. No matter where you live (and believe me, it doesn’t get much harder than Utah), you can still find delicious, healthy and sustainable food near you.



I am always looking for healthy noshes to have in the fridge-especially anything that’s rich in veggie protein, packed with flavor and super easy. Suffice to say, this fits the bill! *- Kate*

1 14.5 ounce can artichoke hearts packed in water, drained
1 15 oz. can white beans (or cannellini or navy beans), rinsed and drained
1 clove garlic
¼ tsp salt
2 tablespoons olive oil
squeeze of fresh lemon wedge (about ¼ lemon)

1. Place all ingredients into a food processor.
2. Puree until smooth. Taste and adjust seasonings. Serve with veggie stix or whole grain crackers.

Seasonal Recipes brought to you by:
Kate Geagan, MS, RD
● America’s Green Nutritionist™