

Cilantro White Bean Spread

This hummus-like spread is terrific on crisp pita chips. Or, for a simple, healthy burrito, smooth the spread across a warm tortilla and fill it with a generous handful of your favorite vegetables.

Yields 1-1/2 cups

1/2 cup toasted walnut halves, cooled

One 15-ounce can cannellini beans (also called white kidney beans), drained and rinsed

1 garlic clove, smashed

1 tablespoon + 1 teaspoon fresh lemon juice

2-1/2 to 3 cups fresh cilantro leaves (one large bunch), stems discarded

1/4 teaspoon ground cumin

1/2 teaspoon kosher salt

1/2 cup olive oil

Put all ingredients except the oil into the work bowl of a food processor fitted with the metal blade. Pulse for about 10 seconds, or until the ingredients are finely chopped.

Turn the motor on, and slowly add the oil through the feed tube, reserving approximately 1 tablespoon of oil for drizzling. Process until the spread is creamy. Adjust lemon, salt, and pepper to taste.

Scrape into a bowl and drizzle with the reserved oil. Serve with pita crisps, if desired.

For pita crisps: Cut whole wheat pitas horizontally in half and then into wedges. Coat with olive oil spray (or brush with oil) and sprinkle with salt. Bake in a preheated 375 degree oven for about 5 minutes, or until crisp.