



INGREDIENTS:

- 2 cans (15-ounce each) garbanzo or navy beans or 3 cups cooked dry-packaged garbanzo or navy beans, rinsed, drained
 - 2/3 cup fat-free sour cream
 - 2 teaspoons minced garlic
 - 4 teaspoons balsamic vinegar
 - 1/4 cup chopped sun-dried tomatoes (not in oil)
 - 1/4 cup finely chopped fresh or dried parsley
 - 2 tablespoons chopped Kalamata or ripe olives
- Kalamata olives, as garnish and assorted vegetables and crackers

METHOD:

1. Process beans, sour cream, garlic and vinegar in food processor until smooth; stir in sun-dried tomatoes, parsley and chopped olives.
2. Spoon into serving bowl and garnish with olives. Serve with assorted vegetables and crackers for dipping.

Tip: Dip can be made ahead of time and refrigerated overnight or for 2 to 3 hours to allow flavors to blend.