



# Savory School Paste

**Servings:** 4

**Serving Size:** ¼ cup

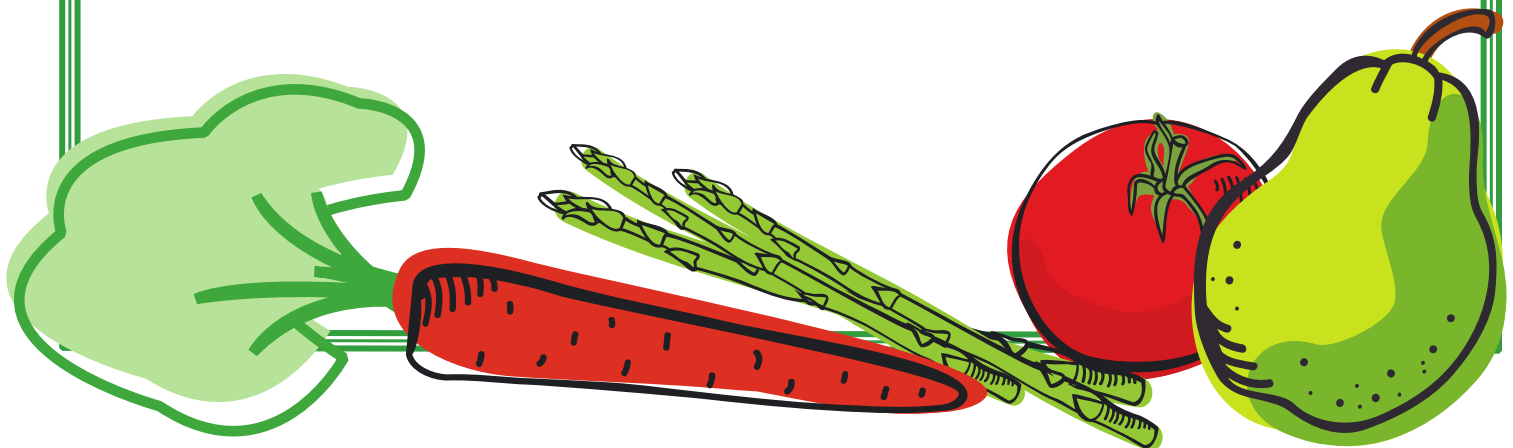
**Ingredients:**

- 1 (15.5 ounce) can cannellini or navy beans, rinsed and drained
- 1 clove garlic, paper skin removed
- 1 Tablespoon vegetable oil
- 1/4 teaspoon salt
- Juice of ½ lemon
- ¼ cup cold water
- 3 cups pre-cut veggies, such as broccoli flowerets and baby carrots, washed

**Directions:**

1. Toss the drained beans into a blender container along with the clove of garlic and lemon juice. Slowly pour the oil from a measuring spoon into the blender, while it is running, and add the salt, too.
2. Then, add in the ¼ cup water.
3. Then, blend on low speed for 15 seconds, or until all ingredients are combined. Pour into a medium-size bowl for pasting together veggies!

Nutrition Facts	
Serving Size 1/4 Cup (168g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 140</b>	<b>Calories from Fat 35</b>
% Daily Value*	
<b>Total Fat 3.5g</b>	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 440mg</b>	<b>18%</b>
<b>Total Carbohydrate 20g</b>	<b>7%</b>
Dietary Fiber 7g	<b>28%</b>
Sugars 2g	
<b>Protein 8g</b>	
Vitamin A 30%	• Vitamin C 90%
Calcium 8%	• Iron 10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000    2,500
Total Fat	Less than 65g    80g
Saturated Fat	Less than 20g    25g
Cholesterol	Less than 300mg    300mg
Sodium	Less than 2,400mg    2,400mg
Total Carbohydrate	300g    375g
Dietary Fiber	25g    30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	



For more recipes: [www.eatsmart.umd.edu](http://www.eatsmart.umd.edu)

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Maryland Extension will not discriminate against any person because of race, age, sex, color, sexual orientation, physical or mental disability, religion, ancestry or national origin, marital status, genetic information, political affiliation, and gender identity or expression. This institution is an equal opportunity provider. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more about Maryland's Food Supplement Program (SNAP), contact the Maryland Department of Human Resources at 1-800-332-6347 or apply online at <https://mydhrbenefits.dhr.state.md.us/>.

