

Creamy Escarole and White Bean Dip

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Servings: 6

1/4 cup extra-virgin olive oil
3 cloves garlic, very thinly sliced
1 medium (12 ounces) escarole, hand-torn into large pieces
1/4 cup dry white wine
1 can (15 ounce) cannellini beans, undrained
Kosher salt
1/2 teaspoon fresh rosemary, finely chopped
fresh lemon juice (to taste)
olive oil (for drizzling)
crackers and/or crudites (for serving)

In a large high-sided saute' pan over low heat, heat the olive oil. Add the garlic. Cook over until just starting to soften, about 1 minute. Increase the heat to medium. Add the escarole and cook until just wilted, about 3 to 5 minutes. Stir in the white wine, 1/2 cup of water, cannellini beans (with liquid from can) and a large pinch of salt. Bring to a strong boil over medium-high heat. Cook for 5 minutes, stirring occasionally. Stir in the rosemary. Cook until there is only a light coating of liquid at the bottom of the skillet, about 5 minutes. Turn off the heat and cool for at least 15 minutes.

Transfer the mixture to a food processor. Blend until smooth, stopping to scrape down the sides of the bowl as needed (the mixture should look similar to the texture of spinach dip). Spoon into a medium bowl, cover with plastic foil and refrigerate until completely chilled, about two hours.

Before serving, season the dip with lemon juice and more salt to taste. Drizzle with olive oil.

Serve with crackers and crudites.

Start to Finish Time: 25 minutes

Per Serving (excluding unknown items): 202 Calories; 9g Fat (41.7% calories from fat); 8g Protein; 21g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 8mg Sodium. Exchanges: 1 1/2 Grain(Starch); 1/2 Lean Meat; 0 Vegetable; 2 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	202	Vitamin B6 (mg):	.1mg
% Calories from Fat:	41.7%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	42.2%	Thiamin B1 (mg):	.2mg
% Calories from Protein:	16.2%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	9g	Folacin (mcg):	143mcg
Saturated Fat (g):	1g	Niacin (mg):	trace
Monounsaturated Fat (g):	7g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	1g	Alcohol (kcal):	7
Cholesterol (mg):	0mg	% Refuse:	n n%
Carbohydrate (g):	21g	Food Exchanges	
Dietary Fiber (g):	5g	Grain (Starch):	1 1/2
Protein (g):	8g	Lean Meat:	1/2
Sodium (mg):	8mg	Vegetable:	0
Potassium (mg):	645mg	Fruit:	0
Calcium (mg):	89mg	Non-Fat Milk:	0
Iron (mg):	4mg	Fat:	2
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	1mg		
Vitamin A (i.u.):	173IU		
Vitamin A (r.e.):	17 1/2RE		

Nutrition Facts

Servings per Recipe: 6

Amount Per Serving

Calories 202 **Calories from Fat:** 84

% Daily Values*

Total Fat 9g	14%
Saturated Fat 1g	6%
Cholesterol 0mg	0%
Sodium 8mg	0%
Total Carbohydrates 21g	7%
Dietary Fiber 5g	21%
Protein 8g	
Vitamin A	3%
Vitamin C	2%
Calcium	9%
Iron	20%

* Percent Daily Values are based on a 2000 calorie diet.