

Mint Fava Bean Dip

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2 cups frozen shelled fava beans
1/2 cup olive oil
1/2 cup fresh mint
1/4 cup grated pecorino
juice of one lemon
salt (to taste)
red pepper flakes (to taste)

In a pan, cook the fava beans in boiling salted water until just tender, about 3 minutes. Drain. Rinse under cold water.

In a food processor, puree the beans, olive oil, mint, pecorino and lemon juice.

Season with salt and red pepper flakes.

Per Serving (excluding unknown items): 975 Calories; 108g Fat (97.9% calories from fat); 1g Protein; 4g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 14mg Sodium. Exchanges: 1/2 Vegetable; 2 1/2 Fat.