

MEDITERRANEAN BEAN Pâté

Ingredients:

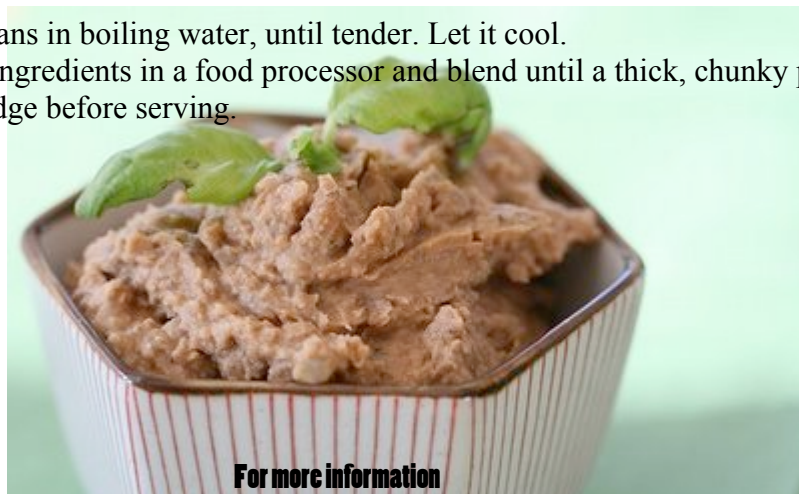
1½ cups beans
2 Tbsp lemon juice
3 - 4 sundried tomatoes
1/3 cup black olives, pitted
Salt
Pepper
Fresh basil for garnish (optional)

Tip: use this pâté in sandwiches, as a dip, or as an addition to a salad.

Instructions:

- Simmer the beans in boiling water, until tender. Let it cool.
- Throw all the ingredients in a food processor and blend until a thick, chunky paste forms.
- Chill in the fridge before serving.

Serves 4



For more information

Visit www.kitchenpigs.com for ideas to inspire you in the kitchen. Check out their recipes for appetizers (including hummus) and sauces, breads and desserts. Yum!