

Garlic Walnut Dip

Ingredients

- 3 slices whole-wheat toast
- ¼ cup walnuts
- 4 cloves garlic, chopped
- 2 tablespoons fresh lemon juice
- 1 tablespoon extra-virgin olive oil
- ¾ cup water
- 2 tablespoons fresh parsley leaves
- Salt and pepper to taste



Directions

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1. Place the toast in a food processor and process into fine crumbs.
2. With the motor running, add the walnuts and garlic and process until they are ground fine.
3. Add the remaining ingredients with the motor running and process until smooth, adding more water if the mixture seems too thick.
4. Scrape the mixture into a bowl and season to taste with salt and pepper.