Spinach and Bean Dip
Amazing Appetizers; January 26th

Ingredients:
- 1 cans cannelli beans (white kidney) drained and rinsed
- 1 can artichoke hearts drained and rinsed
- 3 garlic cloves, finely chopped
- 1 TBSP. red. fat mayonnaise
- Pinch cayenne pepper
- Freshly ground pepper to taste
- 2/3 cups plus 2 TBSP. grated parmesan cheese
- 1/4 cup chopped fresh parmesan
- 1 teaspoon freshly grated lemon zest

Directions:
1. Preheat the oven to 400°F. Coat a 2- to 3-cup baking dish with nonstick spray.
2. Place the beans, artichoke hearts, garlic, mayonnaise, cayenne pepper and black pepper in a food processor. Process until almost smooth, stopping to scrape down the sides of the processor bowl once or twice. Transfer to a medium bowl. Site in 2/3 cup of the Parmesan, parsley and lemon zest. Scrape into the baking dish and smooth with a spatula. Sprinkle with the remaining 2 tablespoons of Parmesan.
3. Bake the dip, uncovered, for 20–25 minutes or until it is heated through. Serve warm.