

Herbed White Bean Pate

½ cup peeled and diced scallions (mostly white part) or shallots
3 cloves garlic, minced
2 cups cooked or drained and rinsed canned white beans
1 tablespoon lemon juice
½ teaspoon dried basil
½ teaspoon dried thyme

½ teaspoon dried dill
½ teaspoon dried tarragon
½ teaspoon white pepper
¼ teaspoon nutmeg
½ teaspoon salt, to taste

Optional ingredient

1 tablespoon capers
3 cloves garlic, minced
1-2 teaspoons prepared stone ground mustard
1 tablespoon tahini or olive oil

2 tablespoons minced fresh parsley or chives
1 tablespoon minced fresh tarragon, cilantro, dill or basil
Dash hot pepper sauce

Place shallots or scallions and garlic in a food processor or blender; process a few seconds. Add all remaining ingredients except those that are optional; puree until smooth. Taste and add optional ingredients as desired; puree until smooth. Transfer to a serving dish and garnish. Serve with whole-grain bread, crackers or vegetables.

Makes 2 ½ cups (40 tablespoons).