

Two Dips: Cannellini Beans With Feta & Roasted Red Pepper With Feta

Ingredients:

Difficulty: Easy

(both recipe: serves 4-6 people)

Cannellini bean dip:

1 jar (400 ml) cooked cannellini beans*, washed and drained

4 tbsp olive oil (keep 1 tbsp of it separate)

4 tbsp water in room temperature

2 tsp lemon juice

1/2 tsp dried oregano

1/2 cup / 1 dl + 1 tbsp + 1 tsp crumbled feta cheese (about 50 gr.)

4 tbsp sun-dried tomatoes, jarred in olive oil (about 50 gr.)

1 garlic clove, mashed

salt, freshly ground black pepper and cayenne pepper to taste

Roasted red pepper and feta dip:

200 gr. crumbled feta cheese

3 roasted red peppers**

1/3 cup / 5 tbsp + 1 tsp olive oil

1 tbsp lemon juice

1/2 tsp cayenne pepper

freshly ground black pepper to taste

*If you can't find cannellini beans specifically, another small white bean can be used as well.

**You can find jarred roasted red peppers in almost all markets in Helsinki. 1 jar generally has 5-6 peppers so if you want you can increase the amounts of all ingredients to use all the jar or you can use the remaining peppers for various kinds of open sandwiches. If you can't find jarred roasted red peppers or you want to make your own, check this recipe:

<https://mydearkitcheninhelsinki.com/2017/07/20/gluten-free-thursday-quinoa-balls-with-roasted-pepper-sauce/>

Instructions:

1. Bean dip: Put all ingredients except 1 tbsp of olive oil you put separately and salt and peppers in a food processor and process until smooth.

2. Add salt, black pepper and cayenne pepper according to your taste and process again. Transfer to a serving bowl and cover with stretch film. Leave it like that for 30 minutes in room temperature for tastes to develop. Serve with 1 tbsp olive oil you put aside earlier (if you want, I didn't put it myself). You can keep this spread fresh in the fridge for 1 day.

3. Roasted red pepper dip: Put all the ingredients in a food processor and process until smooth, scraping the sides with a spatula if needed. Serve with some olive oil if you like. This dip stays fresh in the fridge for up to 2 days. Enjoy!