

PLATTE RIVER PATE

*made with herbs and Great Northerns

1 t olive oil	2 T nonfat plain yogurt
2 green onions, chopped	1 T fresh lemon juice
1-3 cloves garlic, peeled	3-5 drops hot red pepper sauce
½ t minced fresh rosemary	½ t salt
1 can (15 oz) Great Northern beans, drained & rinsed	¼ t freshly ground black pepper

In a small skillet, heat oil over medium high heat. Add green onions, garlic & rosemary; sauté 2 minutes. In food processor or blender, combine green onion mixture, beans, yogurt, lemon juice, pepper sauce, salt and pepper. Blend until smooth. Mound in a bowl to serve. Use as spread on crackers or sliced baguette.

Makes 1 ½ cups.

Per 1 TBS: Calories: 21, Carbohydrate: 3 grams, Protein: 1.5 grams, Fat: trace