

DAY-AFTER DIP



Ingredients

15 Ounce Can Cut Sweet Potatoes OR 1 Pound of Cooked Fresh Sweet Potatoes

15 Ounce Can White Beans

¼ Cup Olive Oil

½ Cup Parmesan Cheese

Salt and Pepper (to taste)

Directions

1. Puree beans, potatoes, oil and cheese in a food processor until smooth.
2. Season with salt and pepper to taste.

Crediting

Provides a Vegetable at Snack.

Toddler
½ Cup

Preschool
½ Cup

School Age
¾ Cup

Adult
½ Cup