

SNACK OR SIDE

Bean Spread with Cucumber Sauce

Makes about 24 servings · appetizer portions

SATIETY SCORE	NUTRITION
● ● ○ ○ ○ 2 / 5	HIGH
Per serving (approx.): Protein 4 g · Fiber 3 g · Calories 75	

Ingredients

- Cucumber sauce: 1 small cucumber, peeled, seeded, and chopped
- Cucumber sauce: 1 container (8 oz) sour cream (or plain Greek yogurt)
- Cucumber sauce: ¼ tsp salt
- Cucumber sauce: 1 garlic clove, pressed
- Bean spread: 3 cans (16 oz each) navy beans, rinsed and drained
- Bean spread: 4 oz crumbled feta cheese
- Bean spread: ¼ cup uncooked oats
- Bean spread: ½ tsp salt
- Bean spread: ½ tsp pepper
- Bean spread: ½ tsp rosemary, chopped
- Bean spread: 6 whole-wheat pita rounds, quartered (for serving)

Directions

1. Make the cucumber sauce: stir all sauce ingredients together and chill 2 hours.
2. Make the spread: beat the beans, feta, oats, salt, pepper, and rosemary with an electric mixer until blended.
3. Spread on the pita and top with cucumber sauce.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Adapted from the *Body for God Cookbook* by Lisa Young.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ Cucumber sauce: 1 small cucumber
- ☐ Cucumber sauce: 1 garlic clove

DAIRY & EGGS

- ☐ Cucumber sauce: 1 container (8 oz) sour cream
- ☐ Bean spread: 4 oz feta cheese

BAKERY & GRAINS

- ☐ Bean spread: 6 whole-wheat pita rounds

PANTRY & DRY GOODS

- ☐ cooked Bean spread: 3 cans (16 oz each) navy beans
- ☐ Bean spread: ¼ cup oats
- ☐ Bean spread: ½ tsp pepper

CHECK YOUR PANTRY

- ☐ Salt
- ☐ Rosemary