

# Navy Bean Lettuce Boats

## Ingredients:

- 2 cups cooked navy beans with spritz of lemon juice and pinch of salt
- 1/4 cup sun dried tomatoes (soaked in water or olive oil based)
- 1/4 cup chopped fresh parsley
- 1/2 teaspoon minced garlic
- 3 tablespoons extra-virgin olive oil
- 2 tablespoons lemon juice
- 2 tablespoons water
- 1/2 teaspoon sea salt
- 1/8 teaspoon cayenne pepper
- 6-8 large Romaine lettuce leaves, washed and separated (cut in half)



## Directions:

Combine all ingredients in a food processor and process until smooth.  
(If you prefer, you can leave some of the beans whole for a chunkier texture.)

Taste and add an additional spritz of lemon juice or pinch of sea salt or other seasonings of choice if needed.

Prep time: 10 minutes

Serves: 6

Storage: Serve in airtight container in refrigerator for 5 to 7 days.

