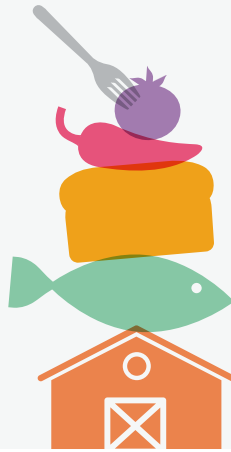


# Bumpy beany dip with homemade tortilla chips

Food group: Meat, fish, eggs and beans  
Age group: 7-8 years

## Equipment

Garlic press	2 metal spoons
Juicer	Small bowl
Kitchen scissors	Baking tray
Mixing bowl	Pastry brush
Potato masher	Oven gloves



## Making bumpy beany dip

### Step 1:

Peel and press the garlic. **ADULT SUPPORT.**

### Step 2:

Juice the lemon.



### Step 3:

Snip the parsley leaves into small pieces.

### Step 4:

Tip the cannellini beans into the mixing bowl and mash them for 2-3 minutes until no whole beans remain.



## Ingredients

**Makes: 4-6 servings**

1 clove garlic

½ small lemon

**Small handful** fresh parsley leaves

**1 x 400g can** cannellini beans, drained and rinsed

**4 x 15ml** spoons sour cream

**4** wholemeal tortillas

**1 x 15ml** spoon oil



### Step 5:

Add the garlic, lemon juice and sour cream to the beans and mix together.

### Step 6:

Stir the parsley into the other ingredients.



### Step 7:

Spoon the dip into a small bowl.

### Step 8:

Cover the dip and place it in the fridge while you make the tortillas. **ADULT SUPPORT.**

## Making homemade tortilla chips

### Step 1:

**ADULT ONLY.** Preheat the oven to 200°C, gas mark 6.

### Step 2:

Grease the baking tray.

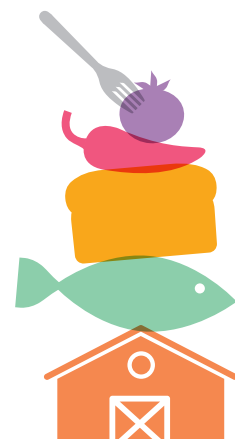
### Step 3:

Using the kitchen scissors, cut each tortilla in to halves, quarters and then eighths (so you get 8 pieces from each tortilla). **ADULT SUPERVISION.**



**Handy hint**

Try using canned butter beans instead of cannellini beans.



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### Step 4:

Place the tortilla pieces on the baking tray.

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### Step 5:

Brush each tortilla with a little oil.



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### Step 6:

**ADULT ONLY.** Bake for approximately 5 minutes until toasted and golden.

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### Handy hint

Swap the parsley for another herb such as dill.

The cooking skills and recipes have been developed in collaboration with the British Nutrition Foundation

[tesco.com/eathappyproject](https://tesco.com/eathappyproject)

