This is one of the recipes the students worked on during the ‘Healthy Lifestyle’ cultural accretion session. There are also included some photos of the dips the students prepared during one of these sessions.

Sun Dried Tomato and Goat Cheese Bean Dip

Ingredients:

- 1/2 cup oil packed sun-dried tomatoes
- 115 grams soft goat cheese (ġbejniet friski)
- 2 tsp sesame seeds, toasted
- 1 clove garlic, minced
- 1 450g can Great Northern beans, rinsed and drained
- 1 450g can cannellini beans, rinsed and drained
- 2 tbsp fresh chopped flat-leaf parsley
- salt and freshly ground black pepper
- toasted pita wedges

Preparation:

Drain tomatoes, reserving 2 teaspoons of the oil.

Chop tomatoes and set aside.

In a large bowl stir reserved oil, goat cheese, sesame seeds, and garlic until well combined. Stir in beans, tomatoes, and parsley.

Season to taste with salt and pepper.

Serve with warm or cold pita wedges.