

Roasted Garlic, Sun-Dried Tomato, and White Bean Dip

(Makes 2 cups / Serving size is 2 tablespoons)
(V) – This recipe is a vegan option recipe!

Ingredients:

- 1 whole garlic head
- 1 cup water
- 1 (3.5-ounce) package sun-dried tomatoes, packed without oil
- 2 tablespoons extra virgin olive oil
- ½ teaspoon chopped fresh rosemary
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper
- 1 (15.8-ounce) can Great Northern beans, rinsed and drained



Directions:

- 1) Preheat oven to 375°.
- 2) Remove white papery skin from garlic head (do not peel or separate the cloves). Wrap head in foil. Bake at 375° for 45 minutes; cool for 10 minutes. Separate cloves; squeeze to extract garlic pulp. Discard skins.
- 3) Bring 1 cup water to a boil in a saucepan. Add tomatoes; cover and remove from heat. Let stand 10 minutes. Drain tomatoes in a colander over a bowl, reserving ¼ cup liquid.
- 4) Place garlic pulp, tomatoes, ¼ cup reserved liquid, oil, and remaining ingredients in a food processor; process until smooth.



Nutritional Analysis: (per serving = 2 tablespoons)

- Calories: 43
- Fat: 2 g
- Saturated Fat: 0 g
- Sodium: 94 mg
- Protein: 1 g
- Carbohydrates: 6 g
- Sugars: 0 g
- Dietary Fiber: 2 g

Source:

CookingLight.com
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