March 31- Roasted Garlic, Sun-dried Tomatoes and White Bean Dip

Smart Snack


Recipe

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

Directions:
1. Preheat oven to 375°F.
2. Remove white papery skin from garlic head (do not peel or separate the cloves). Wrap head in foil. Bake 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 1/4 cup liquid.
4. Place garlic pulp, tomatoes, 1/4 cup reserved liquid, oil, and remaining ingredients in a food processor; process until smooth.

Yield 16 servings