



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

Smart Snack

Link: <http://www.myrecipes.com/recipe/roasted-garlic-sun-dried-tomato-white-bean-dip-10000001673042/>

### 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

### Nutrition Facts

Serving Size 2 tablespoons (36.2g)  
Servings Per Container 16

**Amount Per Serving**

**Calories** 50      **Calories from Fat** 15

**% Daily Value\***

**Total Fat** 2g      **3%**

Saturated Fat 0g      **1%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 150mg      **6%**

**Total Carbohydrate** 7g      **2%**

Dietary Fiber 2g      **8%**

Sugars 2g

**Protein** 2g      **4%**

Vitamin A 0%      •      Vitamin C 4%

Calcium 2%      •      Iron 4%

\* Percent Daily Values are based on a 2,000 calorie diet.