



Roasted Garlic-Parmesan Dip

Prep: 10 minutes

Roast: 1 hour • Makes: about 2¾ cups

- 3 garlic heads
- 4 teaspoons olive oil
- 1¼ cups sour cream
- 1 cup mayonnaise
- ¾ cup grated Parmesan cheese
- 2 tablespoons fresh lemon juice
- 1 teaspoon chopped fresh thyme leaves
- ¼ teaspoon salt

1. Preheat oven to 350°. Slice ¼ inch off top of each garlic head. Place garlic, cut side up, on foil and drizzle with 2 teaspoons oil. Wrap garlic in foil to seal. Place directly on oven rack and roast 1 hour. When cool enough to handle, squeeze out garlic into small bowl. You should have about ½ cup.

2. In food processor with knife blade attached, add sour cream, mayonnaise, cheese, lemon juice, thyme, salt and garlic. Process 20 seconds or until mixture is smooth, scraping bowl occasionally with rubber spatula. Transfer to serving bowl; cover and refrigerate at least 2 hours or up to 3 days.

3. To serve, drizzle with remaining oil. Serve with crackers or toasted baguette slices.

Approximate nutritional values per serving (2 tablespoons):

*122 Calories, 12g Fat (3g Saturated), 9mg Cholesterol,
141mg Sodium, 1g Carbohydrates, 0g Fiber, 2g Protein*