

Roasted Garlic Dip

Glorious Gourmet PCS, LLC, Gloria Luzzatto
Tapas

Servings: 4

Enjoy the mellow flavors of this roasted garlic dip with a variety of raw vegetables, roasted potatoes and root vegetables, or as a topping for grilled or sauted meat, fish or poultry

1 small garlic bulb
1 teaspoon extra virgin olive oil
3 1/2 tablespoons sour cream
2 tablespoons mayonnaise
pinch paprika, sweet or smoked
1 teaspoon kosher salt

Serving Ideas: Serve with roasted or raw vegetables or chips.

Cuisine: Family Cookbook

1. Preheat oven to 400 degrees.

2. Separate the cloves from the garlic bulb (do not peel the garlic) and place in an ovenproof dish. Toss with the olive oil and roast in the oven about 15-20 minutes. Remove and let cool.

3. Squeeze out the roasted garlic from its clove shell and place in a medium bowl. Mash with a fork and add the salt. Stir in the sour cream and mayonnaise. Season with the paprika and additional salt if needed. Stir to combine all ingredients. Cover and place in the refrigerator to chill until ready to serve.

Per Serving (excluding unknown items): 101 Calories; 10g Fat (81.2% calories from fat); 1g Protein; 4g Carbohydrate; trace Dietary Fiber; 8mg Cholesterol; 518mg Sodium; 0g Total Sugars; 0mcg Vitamin D; 34mg Calcium; trace Iron; 61mg Potassium; 0mg Phosphorus. Exchanges: 1/2 Vegetable; 0 Non-Fat Milk; 1 Fat.