

Roasted Garlic Bean Dip

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Food Network Magazine

Yield: 2 cups

1 head garlic
2 1/2 tablespoons extra-virgin olive oil
Kosher salt
freshly ground pepper
6 to 8 medium carrots, peeled and cut into sticks
2 to 3 rutabagas, peeled and cut into sticks
1 can (15 ounce) cannellini beans, drained and rinsed, liquid reserved
1 teaspoon grated lemon zest
1 tablespoon fresh lemon juice
1 teaspoon dried thyme
olive oil (for drizzling)
pita chips (for serving)

Preparation Time: 20 minutes

Preheat the oven to 400 degrees.

Cut the top off the head of garlic, exposing the cloves. Place on a sheet of foil. Drizzle with olive oil and sprinkle with salt and pepper. Wrap up the garlic tightly and roast until soft, 20 to 30 minutes. Let cool slightly. Squeeze out the roasted garlic.

Meanwhile, drizzle a baking sheet with one tablespoon of olive oil. Add the carrots and rutabagas. Season with salt and pepper. Toss. Roast until the veggies are tender, 15 to 20 minutes.

In a food processor or blender, combine the beans, lemon zest, lemon juice, thyme, roasted garlic and the remaining 1-1/2 tablespoons of olive oil. Pulse until nice and creamy. Season with salt and pepper. If the dip is too thick, blend in some of the liquid from the beans (or use low-sodium vegetable broth). Transfer to a bowl. Drizzle with olive oil.

Serve with the roasted vegetable sticks and pita chips.

Start to Finish Time: 1 hour

Per Serving (excluding unknown items): 1270 Calories; 37g Fat (25.2% calories from fat); 55g Protein; 192g Carbohydrate; 51g Dietary Fiber; 0mg Cholesterol; 241mg Sodium. Exchanges: 9 1/2 Grain(Starch); 3 Lean Meat; 9 Vegetable; 0 Fruit; 7 Fat.

Appetizers

Per Serving Nutritional Analysis

Calories (kcal):	1270	Vitamin B6 (mg):	1.6mg
% Calories from Fat:	25.2%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	58.0%	Thiamin B1 (mg):	1.5mg
% Calories from Protein:	16.8%	Riboflavin B2 (mg):	.6mg
Total Fat (g):	37g	Folacin (mcg):	909mcg
Saturated Fat (g):	5g	Niacin (mg):	7mg
Monounsaturated Fat (g):	25g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	4g	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	192g		
Dietary Fiber (g):	51g		
Protein (g):	55g		
Sodium (mg):	241mg		
Potassium (mg):	6007mg		
Calcium (mg):	767mg		
Iron (mg):	27mg		
Zinc (mg):	9mg		
Vitamin C (mg):	119mg		
Vitamin A (i.u.):	123199IU		
Vitamin A (r.e.):	12316RE		

Food Exchanges

Grain (Starch):	9 1/2
Lean Meat:	3
Vegetable:	9
Fruit:	0
Non-Fat Milk:	0
Fat:	7
Other Carbohydrates:	0

Nutrition Facts

Amount Per Serving

Calories 1270 Calories from Fat: 320

% Daily Values*

Total Fat	37g	57%
Saturated Fat	5g	26%
Cholesterol	0mg	0%
Sodium	241mg	10%
Total Carbohydrates	192g	64%
Dietary Fiber	51g	205%
Protein	55g	
Vitamin A		2464%
Vitamin C		198%
Calcium		77%
Iron		148%

* Percent Daily Values are based on a 2000 calorie diet.