

Roasted Garlic Dip - HealthyPointRecipes.com



1 Blue Point Per Serving

1 Purple Point Per Serving

1 Green Point Per Serving

1 large garlic head

1 T. extra virgin olive oil

½ c. nonfat sour cream

½ c. nonfat Greek yogurt

2 T. lemon juice

1 t. organic lemon zest

1 t crushed red pepper

Optional: ½ t. cayenne pepper, salt and pepper to taste

How to Make Garlic Dip

Preheat oven to 400°F. Slice a thin layer from the head of garlic. Lightly drizzle the cloves with olive oil and wrap tightly in aluminum foil.

Roast in pre-heated oven for 40 minutes, or until garlic is tender. Remove from oven and set aside.

Once cool enough to handle, squeeze roasted garlic into a food processor. Add in nonfat sour cream, nonfat Greek yogurt, lemon juice and zest, crushed red pepper, and cayenne, if using. Transfer to small serving bowl. Use to dip our Parmesan Shrimp in!