



Roasted Garlic Dressing

By Eating Well

Active Time: 10 minutes **Total Time:** 1 hour

Ingredients

- 2 heads garlic
- 1/2 cups reduced-sodium chicken broth
- 1/4 cup wine or cider vinegar
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons Dijon mustard
- Salt & freshly ground pepper, to taste

Preparation

1. Preheat oven to 400°F. Pull off excess papery outside skin from garlic without separating the cloves. Slice 1/2 inch off the top of each head. Wrap individually in aluminum foil. Roast for 40 minutes, or until the garlic is very soft. Unwrap the garlic and cool slightly. Separate the cloves and peel.

Combine garlic cloves, broth, vinegar, oil and mustard in a food processor or blender; blend until smooth. Season with salt and pepper. **Makes:** About 1 cup

Tips & Notes

- **Make Ahead Tip:** Cover and refrigerate for up to 2 days.

Nutrition

Per 2-tablespoon serving: 59 calories; 4 g fat (1 g sat , 3 g mono); 0 mg cholesterol; 6 g carbohydrates; 1 g protein; 0 g fiber; 28 mg sodium; 72 mg potassium.

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