

# Spider Demo Kitchen

## Roasted Garlic & Edamame Dip

yield: 2 1/2 cups



### Ingredients:

- |                           |                        |
|---------------------------|------------------------|
| 1 each                    | Garlic bulb            |
| 1 TBSP + 1/4 cup, divided | Olive oil              |
| 2 cups                    | Frozen shelled edamame |
| 1/2 cup                   | Ricotta cheese         |
| 1/4 cup                   | Fresh basil            |
| 2 TBSP                    | Fresh lemon juice      |
| 1 tsp                     | Kosher salt            |
| 1/2 tsp                   | Black pepper           |

### Instructions:

1. Heat oven to 425°F.
2. Cut off top of garlic clove to expose tops of cloves. Drizzle with 1 TBSP olive oil and wrap in aluminum foil. Bake for 30 minutes, let cool. Remove cloves from skin.
3. Cook frozen edamame according to package instructions, let cool.
4. Add edamame to food processor, process until smooth. Add the garlic, ricotta, basil, lemon juice, salt, and pepper, process.
5. With processor running, pour in 1/4 olive oil and process until smooth. Serve with crackers or fresh veggies.

**Nutrition Information:** : Cals 218; Total fat 17g; Sat Fat 2g; Sodium 248mg; Carbohydrates. 9g; Fiber 3g; Protein 7g V