

# K's Kitchen: Perfect dip to share with friends

By Kathryn Reed

With Fourth of July just a week away, it's time to figure out what to bring to the barbecue or have at your backyard gathering.



The recipe below is one I made for a group at Memorial Day when I was asked to bring an appetizer. It was well received because the flavor is so robust – and not one you get in grocery store dip concoctions.

I like hummus, but I'm not a huge fan. This recipe is bound to win over the non-hummus likers. It's not quite as thick as hummus and definitely is more flavorful. But it does have a certain hummus like quality.

I made it two days before it was served – this allowed the flavors to meld even more.

The picture in the November 2007 issue of *Cooking Light* magazine shows the spread on a bagel chip with fresh rosemary garnish. Yes, it's pretty.

I didn't do pretty. I did practical. I served the dip in a bowl with hard crackers (though bagel chips would be perfect) and Wheat Thin Stix. I had never seen the Stix until shopping that particular day. I took a chance they'd be good and appropriate – they were.

## **Roasted Garlic, Sun-Dried Tomato, and White Bean Dip**

*Prepare a day ahead; bring to room temperature before serving. Serve on bagel chips garnished with rosemary sprigs.*

1 whole garlic head

1 C water

1 (3.5 ounce) package sun-dried tomatoes, packed without oil

2 T extra virgin olive oil

$\frac{1}{2}$  tsp chopped fresh rosemary

$\frac{1}{4}$  tsp kosher salt

$\frac{1}{4}$  tsp freshly ground black pepper

1 (15.8 ounce) can Great Northern beans, rinsed and drained

Preheat oven to 375 degrees.

Remove white papery skin from garlic head (do not peel or separate the cloves). Wrap head in foil. Bake at 375 degrees for 45 minutes; cool for 10 minutes. Separate cloves; squeeze to extract garlic pulp. Discard skins.

Bring 1 cup water to a boil in a saucepan. Add tomatoes; cover and remove from heat. Let stand 10 minutes. Drain tomatoes in a colander over a bowl, reserving  $\frac{1}{4}$  cup liquid.

Place garlic pulp, tomatoes,  $\frac{1}{4}$  cup reserved liquid, oil, and remaining ingredients in a food processor; process until smooth.

Makes 2 cups.