

Roasted Garlic-Edamame Spread

Servings: 10 Total Time: 45 Minutes Recipe Source: Myrecipes.com

Ingredients:

- 1 garlic bulb
- 1/2 cup part-skim ricotta cheese
- 1/4 cup olive oil + 1 tbsp. olive oil
- Assorted vegetables
- 2 cups fully cooked, shelled edamame (green soybeans)
- 1/4 cup chopped fresh basil
- 1 tsp kosher salt
- 1/2 tsp freshly ground pepper
- 2 tbsp. lemon juice



Directions:

1. Preheat oven to 425°. Cut off pointed end of garlic, place garlic on a piece of aluminum foil, and drizzle with 1 tbsp. olive oil. Fold foil to seal. Bake 30 minutes; let cool 5 minutes. Squeeze pulp from garlic cloves into a bowl.
2. Process edamame in a food processor 30 seconds or until smooth, stopping to scrape down sides. Add roasted garlic, ricotta, basil, and lemon juice; pulse 2-3 times or until blended.
3. With processor running, pour 1/4 cup oil through food chute in a slow, steady stream, processing until smooth. Stir in salt and pepper. Serve with assorted fresh vegetables. Makes about 2 1/2 cups.

Nutrition Information Per Serving (1/4 cup): 120 calories, 9.3g total fat, 1.7g saturated fat, 5g protein, 5g total carbohydrate, 247 mg sodium.