Roasted Garlic and Cauliflower Dip

Ingredients:

- 4 cups cauliflower florets, cut 3/4-inch thick
- 1 head garlic, root end trimmed and broken into cloves
- 4 tablespoons plus 2 teaspoons extra virgin olive oil, divided
- 2 teaspoons lemon juice

- 1/2 teaspoon nutmeg
- 3 tablespoons pepitas
- 2 tablespoons minced flat leaf parsley

Source: brooklynsupper.com

- Ground cayenne pepper to taste
- Sea salt

Directions

- 1. Preheat oven to 425 °F.
- 2. In a medium-sized bowl, toss cauliflower florets and garlic cloves with 1 tablespoon olive oil. Spread out on a rimmed baking sheet. Sprinkle generously with sea salt. Make sure garlic is tucked up against cauliflower florets to protect it from the heat. Flipping halfway through, roast until cauliflower is tender and golden, about 20 25 minutes. Set aside to cool.
- 3. Meanwhile, set a small skillet over medium heat. Add 1 teaspoon olive oil, then pepitas. Toast 2 3 minutes, just until seeds become fragrant and a few start to pop. Toss with sea salt and set aside.
- 4. In a food processor, pulse to combine roasted cauliflower and garlic, 2 tablespoons toasted pepitas, lemon juice, nutmeg, and cayenne pepper to taste. With food processor running, drizzle in 3 tablespoons olive oil (for a creamier dip, add an additional 2 tablespoons olive oil). Taste and add additional sea salt, pepper, and lemon juice as needed.
- 5. Spoon dip into a wide bowl, drizzle with remaining teaspoon olive oil, minced parsley, and remaining toasted pepitas. Serve with warm veggies, flatbread triangles, or crackers.

Nutrition Facts

Serving Size 1/3 cup (92g) Servings Per Container 6

Amount Per Serving

Calories 130 Calories from Fat 100

	% Daily Value*
Total Fat 12g	18%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 30mg	1%
Total Carbohydrate 6g	2%
Dietary Fiber 2g	8%
Sugars 1g	

Protein 3g

Vitamin A 2%	 Vitamin C 60%
Calcium 2%	• Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydra	ate	300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

