

### **Roasted Garlic White Bean dip**

2 cans Great Northern Beans, drained and rinsed

1/4 C flat leaf parsley

1 head garlic

2-3 T olive oil

1 t cayenne pepper

1/2 t salt

1/2 t freshly ground black pepper

Preheat oven to 450 degrees. Peel off most of the paper skin of the garlic and slice off the top of the garlic. Place the garlic on a large square of aluminum foil and pour about 1 T of olive oil over the top of the garlic. Wrap loosely with foil, place on a baking sheet and bake for about 45 minutes until the cloves are brown, soft and fragrant. Set aside and let cool.

Add rinsed beans to food processor, herbs, cayenne, salt and pepper and pulse several times. Slowly stream in remaining olive oil with motor running until the dip is uniform and relatively smooth. Transfer to a serving dish and serve with vegetables, crackers, or pita bread.