White Bean Dip with Artichokes and Roasted Garlic

Toasted whole wheat pita triangles or whole wheat breadsticks also go well with this dip.

1 whole head of garlic  
1 tsp. olive oil  
3 cups cooked cannellini or navy beans  
1/3 cup plain nonfat yogurt  
1 (6 oz.) jar marinated artichokes, undrained  
2 T. chopped scallion  
2 T. lemon juice (1/2 a lemon)  
Freshly ground black pepper to taste  
3 cups fresh broccoli florets  
3 cups baby carrots  
2 red bell pepper, sliced into strips

1) Roast the garlic: Preheat oven to 325° F. Remove most of the papery skin from the garlic head but don't separate the cloves. Cut the top ½” off of the garlic head. Place it on a small piece of aluminum foil and drizzle with oil. Wrap in foil and bake 45 minutes until soft; let cool. Separate cloves and squeeze the pulp from the skins.

2) Blend the dip: Process garlic, beans, yogurt, artichokes, scallion, lemon juice, and black pepper in a food processor; chill for 2 hours. Serve with broccoli florets, baby carrots, and red pepper strips.

Nutrition Information (per 1/8 recipe): 162 cal, 9 g protein, 2 g fat, 0 g sat. fat, 0 g trans fat, 29 g carb, 8 g fiber, 0 mg chol, 120 mg sodium.  1 serving equals:  2 vegetables, 1 protein
White Bean Dip with Artichokes and Roasted Garlic

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Shopping List

**Produce Section**
- 1 whole head of garlic (see tip #1)
- 3 cups fresh broccoli florets (see tip #2)
- 3 cups baby carrots
- 2 red bell pepper
- 2 T. chopped scallion
- 2 T. lemon juice (1/2 a lemon)

**Dry Goods Section**
- 1 pkg. dried cannelini or navy beans OR 2 (15 oz. cans) cannelinni or navy beans
- 1 (6 oz.) jar marinated artichokes (see tip #3)
- 1 tsp. olive oil

**Meat/ Dairy Section**
- 1/3 cup plain nonfat yogurt

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**Smart Shopper Tip #1:**
Don't be intimidated by the cooking time for the roasted garlic. This technique produces a delicate and slightly sweet flavor and wonderful aroma that is well worth the wait.

To save time, plan ahead and roast the garlic with a casserole or other dish the day before. Once roasted, it will keep in the refrigerator for a day or two.

Roasted garlic is also delicious spread on whole grain garlic bread or stirred into a soup or marinara sauce.

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**Smart Shopper Tip #2:**
This dip is served with green broccoli florets, orange baby carrots, and red bell pepper strips because they are colorful and loaded with nutrients.

Feel free to substitute other fresh vegetable dippers of your choice, such as cauliflower florets, grape tomatoes, celery, orange bell peppers, cucumbers, sliced zucchini, or yellow squash.

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**Smart Shopper Tip #3:**
Marinated artichokes can usually be found on the canned food aisle or with the jars of olives and roasted red peppers. Water packed or frozen artichoke hearts could also be used but they won't add quite as much flavor.