

Baked Ricotta Dip

3 cloves garlic
zest of one lemon
15 ounces whole milk ricotta cheese
1/4 cup extra-virgin olive oil
1/4 cup grated Parmesan cheese
1 teaspoon dried thyme
1 teaspoon Kosher salt
1/2 teaspoon cracked black pepper
1/2 teaspoon red pepper flakes
naan bread, pita chips or crusty bread (for serving) (optional)

Preheat the oven to 425 degrees.

Chop the garlic and zest the lemon (one teaspoon).

In a bowl, combine the garlic, lemon zest, ricotta cheese, olive oil, Parmesan cheese, thyme, salt, pepper and red pepper until blended.

Spread the mixture in a two-quart baking dish.

Bake for 10 to 15 minutes or until hot. Set aside to cool for 5 minutes before serving.

Serve with naan bread, pita chips or crusty bread for dipping, if desired.

Per Serving (excluding unknown items): 1328 Calories; 115g Fat (77.5% calories from fat); 57g Protein; 18g Carbohydrate; 1g Dietary Fiber; 231mg Cholesterol; 2613mg Sodium. Exchanges: 0 Grain(Starch); 7 1/2 Lean Meat; 1/2 Vegetable; 18 Fat.