

Appetizers

Roasted Garlic and Baby Arugala Dip

Chef Weldon Fizell

1/2 bulb garlic
5 tablespoons canola oil
1/2 cup onion, minced
5 ounces baby arugula
1 container (6 oz) sour cream
1 cup mayonnaise
1 teaspoon fresh thyme, stemmed and chopped
salt and pepper

Preheat oven to 350 degrees.

Roast the garlic: Season the 1/2 garlic bulb with salt and pepper and wrap in foil. Bake in the oven for 30 minutes then let cool.

Saute' the onions: In a saute' pan over medium heat cook the onions in two tablespoons of oil to caramelize for about 5 minutes. Let cool.

Wilt the arugula: In a large preheated saute' pan, lightly saute' the arugula in three tablespoons of oil over medium high heat to wilt. Transfer to a plate and cool.

For the dip: Mix the sour cream, mayonnaise and thyme in a medium bowl. Add the cooked onion. Chop and add the arugula. Cut the garlic bulb in half across the middle and squeeze the soft garlic cloves into the bowl. Mix all the ingredients well and season with salt and pepper.

Yield: 2 cups

Per Serving (excluding unknown items): 2705 Calories; 303g Fat (96.0% calories from fat); 11g Protein; 17g Carbohydrate; 2g Dietary Fiber; 179mg Cholesterol; 1376mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 1/2 Non-Fat Milk; 39 Fat.