

Roasted Garlic Mustard

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8 cloves garlic
1/2 cup Dijon mustard
1/3 cup maple syrup
salt and pepper (to taste)

Preheat oven to 400 degrees.

Wrap the garlic in foil. Roast for 30 minutes.

Squeeze the garlic out of its skin.

Puree' the garlic, mustard, maple syrup, salt and pepper.

Per Serving (excluding unknown items): 398 Calories; 6g Fat (11.9% calories from fat); 7g Protein; 85g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 1516mg Sodium. Exchanges: 1/2 Lean Meat; 1 1/2 Vegetable; 1/2 Fat; 5 Other Carbohydrates.