
Four Sisters Dip

Nico Albert - Tulsa, OK

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1/2 cup sunflower oil
4 cloves garlic
2 teaspoons chopped rosemary
1 can (15 ounce) hominy
1 can (15 ounce) white beans, drained and rinsed
1/2 cup cooked pumpkin (or 1/2 a 15 ounce can pumpkin puree')
juice of 1/2 lemon
2 teaspoons Kosher salt
2 teaspoons freshly ground pepper
roasted sunflower seeds (for topping)

In a small saucepan over medium heat, combine the sunflower oil, garlic cloves and rosemary. Bring to a simmer and cook until the garlic is soft and just begins turning golden brown. Remove from the heat and let cool.

Meanwhile, in a food processor, combine the hominy, white beans, cooked pumpkin, lemon juice, salt and pepper. Add the garlic-rosemary oil. Puree' until smooth.

Serve topped with roasted sunflower seeds.

Appetizers

Per Serving (excluding unknown items): 1780 Calories; 112g Fat (55.6% calories from fat); 51g Protein; 151g Carbohydrate; 36g Dietary Fiber; 0mg Cholesterol; 4132mg Sodium. Exchanges: 9 1/2 Grain(Starch); 3 Lean Meat; 1 Vegetable; 22 Fat.