

Creamy Roasted Garlic Dip

3	foil packets of roasted cloves (or heads of roasted garlic)	1 tsp	dried dill (or 1 TB fresh chopped)
8 oz	plain nonfat Greek yogurt		Salt and pepper to taste
8 oz	low fat mayonnaise	2	shakes hot sauce
2 Tbs	minced dried or fresh onion		

Place all ingredients in a food processor or blender and puree until well incorporated (alternatively, mix by hand, mashing garlic with fork.)

Chill until ready to use. Serve with vegetables or dip.