



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	2		shakes hot sauce
8 ounces	cup	low fat mayonnaise			
2	Tbs	minced dried or fresh onion			

1. Place all ingredients in a food processor or blender and puree until well incorporated (alternatively, mix by hand, mashing garlic with fork.)
2. Chill until ready to use.
3. Serve with vegetables or dip.