## Jerusalem Artichoke and ****Garlic**** Dip

*Ingredients*

* **325g** Jerusalem artichoke
* **2** cloves garlic (skin on, bashed)

**At Home**

**Serve with Crudité**s

Carrots, capsicum, cucumber, radish, chard stems, peas, beans, lettuce, tomato

* **2 tbsp** extra virgin olive oil
* **1 tsp** sea salt
* **1/2 tsp** coarse ground black pepper
* **1/4 tsp** garlic powder
* **60ml** water
* **3 tbsp** lemon juice
* **2 tbsp** greek yogurt
* **2 tbsp** tahini
* **1/2 tsp**ground cumin

*Method*

1. Wash then slice the Jerusalem artichokes into 1cm thick rounds. Toss in a mixing bowl with the bashed garlic, olive oil, sea salt, black pepper, and garlic powder.
2. Transfer to the baking sheet. PREHEAT OVEN 200oC and then drop the temperature to 160°C. Roast for 25-30 minutes until soft.
3. Once cooked, transfer to a bowl of the food processor with the remaining ingredients and blend until smooth. Transfer to a bowl and top with paprika, olive oil, and toasted seeds. This dip can be served warm or cold.
4. Prepare the fresh vegetable platter, wash the vegetables and cut into pieces for dipping.

\*Remove the skin of the artichokes if you wish for a much smoother and less heavy dip. Add a little extra water to make a dressing for the salad.