

## Roasted Garlic Ranch Dip – Comfort du Jour

For this creamy ranch dip, I use a whole bulb of roasted garlic to add a mellow flavor to plain Greek yogurt, buttermilk, olive oil-based mayo and a bunch of fresh herbs. A little salt and pepper, a squeeze of lemon, and that's all there is to it. If you prefer a bit more zing, use fresh garlic, but only a fraction of what is called for here. If you don't have the same fresh herbs, substitute what you have or what you like. If you want to add half of a ripe avocado in place of some of the mayonnaise, go for it. I love a flexible recipe!

My homemade roasted garlic ranch dip is intended for dipping fresh veggies, but if you prefer a more pourable dressing for salads, simply ease up on the mayo and use more buttermilk. This recipe makes 1 ¼ cups, enough for an average veggie tray.

### INGREDIENTS

- 2 scallions, white and green parts
- 1 small handful fresh parsley
- 1 small handful fresh dill
- 1 tsp. Dijon mustard
- 2 Tbsp. freshly squeezed lemon juice (about 1/2 an average-sized fruit)
- 1 Tbsp. olive oil
- Kosher salt and black pepper
- 1/2 cup mayonnaise\* (see notes)
- 1 bulb roasted garlic\*
- 1/4 cup thick, cultured buttermilk\*
- 1/4 cup stirred Greek yogurt (whole fat or 2% recommended)
- 1/4 tsp. onion powder

### \*NOTES

Choose a mayonnaise that you trust, bearing in mind that labels can be misleading. The front of the jar may suggest that your mayo is made with olive oil, but on further inspection, soybean oil could be listed as the first (most prominent) ingredient, with the healthier oil listed much later. Learning what your food is made of can be an eye-opener, and when you do find a product that meets your health standards, you will be able to build on it to make a lot of other foods serve you better.

Thick buttermilk works especially well for dip-style dressings. Look for a brand that doesn't have a lot of "gum" ingredients, which are unnecessary stabilizers. Bacterial cultures should be present in good buttermilk as well.

You may find some helpful tips in my previous post for making your own [roasted garlic](#). If you prefer fresh, or don't have the time or will to roast it, I would recommend only using one or two segments of the garlic rather than a whole bulb.

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### INSTRUCTIONS

1. Begin by chopping up your fresh herbs, together with the Dijon, salt, pepper, lemon juice and olive oil. I made a small batch this time, and my processor only rough-chopped these ingredients, even in the small insert bowl. As long as the volume reduces to make room for the other ingredients, it's fine.
2. Add the mayo and pulse to combine. Add the roasted garlic and process until you no longer see visible bits of the garlic.
3. Transfer the mixture to a bowl. Add yogurt, buttermilk and onion powder, and whisk until smooth. Adjust seasoning to taste (remember that additional salt will need time to dissolve, so you may want to let it rest a few minutes before final taste adjustments).
4. Chill the dip at least one hour before serving. Enjoy within a few days for best freshness, and give it a good stir when you take it out of the fridge.