**Roast Beetroot Dip**

**Ingredients (serves 6)**

1 bunch beetroot  
1 head garlic  
Olive oil cooking spray  
1-cup low-fat yoghurt  
2 tablespoons dill, finely chopped  
Extra dill and grissini (see note), to serve

**Method**

Preheat oven to 200°C. Line a baking tray with baking paper. Trim beetroot, leaving 1cm stalks attached. Cut 5mm off the top of the head of garlic.

Place beetroot and garlic onto prepared baking tray. Spray with oil. Roast for 45 to 50 minutes or until tender when tested with a skewer. Set aside for 15 minutes to cool.

Gently peel and discard skin from beetroot. Squeeze garlic flesh from head.