

# Required

novative dips perfect for Super Bowl parties.

## Tandoori Tomato Dip

*Serve this Indian-inspired dip with naan (Indian flatbread).*

2	tablespoons olive oil	1	teaspoon ground cumin
¼	cup minced onion	¼	teaspoon ground allspice
3	tablespoons finely grated fresh ginger	3	tablespoons honey
3	garlic cloves, minced	3	tablespoons chopped fresh cilantro
¼	cup white wine vinegar	¼	teaspoon salt
1	cinnamon stick		Coarsely ground black pepper
1	(28-ounce) can diced tomatoes, drained		

**1.** Heat olive oil in a saucepan over medium heat. Add onion; cook 3 minutes. Add ginger and garlic; cook, stirring, until garlic softens. Add vinegar and cinnamon stick; cook until reduced to a glaze, about 2 minutes. Stir in tomatoes, sugar, cumin and allspice. Reduce heat to low; cook until most of liquid has evaporated, about 20 minutes. Remove and discard cinnamon stick. Add honey and cilantro; season with salt and pepper. Transfer mixture to a food processor and pulse to make slightly chunky dip. Makes about 2½ cups.

*Per (¼-cup) serving: 60 calories, 3g fat, 0mg chol., 1g prot., 8g carbs., 1g fiber, 220mg sodium.*