

Garlic

Nutritional Facts

One clove (3 grams) of raw garlic contains:

- 4.5 calories
- 0.2 grams of protein
- 1 gram of carbs
- Manganese: 2% of the DV
- Vitamin B6: 2% of the DV
- Vitamin C: 1% of the DV
- Selenium: 1% of the DV
- Fiber: 0.06 grams



Garlic belongs to the genus **Allium** and is closely related to the onion, chive, leek, and shallot. Because of Garlic's strong smell and taste, it is a popular ingredient in cooking.

Garlic has been used for thousands of years and has been widely used for its health benefits. Ancient Greek physician **Hippocrates**, also known as the "Father of Western Medicine", would prescribe garlic for treating a wide range of illnesses. Even Olympic athletes in Ancient Greece were given garlic for performance enhancement.

Each section of a garlic bulb is called a **clove**. Each garlic bulb has roughly 10 to 20 cloves. Most of garlic's health benefits are from **sulfur compounds** that are formed when a garlic clove is crushed, chopped, or chewed.

Easy Roasted Garlic

Ingredients:

- 2 to 3 garlic heads
- Olive oil
- Salt and pepper



1. Preheat the oven to 400 degrees Fahrenheit.
2. Cut off the top 1/4-inch of each head of garlic: try to have a cut edge on each clove so you can pop them out after roasting. Peel away the paper on the outside of the head (the bottom stem will keep the cloves together). Place the garlic heads on a sheet of aluminum foil. Drizzle them with olive oil and season them with salt and pepper. Close up and seal the packet.
3. Roast the garlic about 45 minutes to 1 hour, until a clove in the center is golden in color and soft when pierced with a sharp knife. Cool until able to handle, or store refrigerated for up to 2 weeks. To remove the garlic, squeeze the bottom of the clove so it pops out the top. Spread on crusty bread, use in sauces and salad dressings.

Recipes from:

<https://www.acouplecooks.com/garlic-recipes/>

Garlic Mashed Potatoes



Ingredients:

- 1 1/2 heads roasted garlic
- 2 pounds Yukon gold potatoes (aka yellow potatoes)
- 3/4 cup whole milk (or 2%)
- 4 tablespoons salted butter
- 1/2 cup shredded Parmesan cheese (optional)
- 1/2 teaspoon kosher salt, plus more for boiling
- Fresh chives, for garnish

1. Roast the garlic (recipe on the other page).
2. Roughly chop the potatoes into 2-inch chunks.
3. Place the potatoes in a large pot and cover with 1 inch of cold water. Stir in 1/2 tablespoon kosher salt. Bring to a boil.
4. Once boiling, cook until tender, about 10 to 15 minutes, depending on the size of the potatoes (pierce a piece of potato with a fork to assess doneness). Drain and return the potatoes to the pot.
5. Meanwhile, remove the roasted garlic from the cloves by squeezing the bottoms to pop them out. Mash the roasted garlic. Then combine the roasted garlic, whole milk and butter in a small saucepan and cook for a few minutes on low heat until warm. Stir until garlic is incorporated and it forms a thick mixture.
6. Add the milk and garlic mixture to the pot with the potatoes, along with 1/2 teaspoon kosher salt, plenty of fresh ground pepper, and the Parmesan cheese (if using). Mash with a potato masher until the desired texture is reached.

Garlic Broccoli



- 1 1/2 pounds fresh broccoli (about 3 large heads)
- 3 tablespoons olive oil, divided
- 1/2 teaspoon kosher salt
- Fresh ground pepper
- 1 medium garlic clove
- 2 tablespoons fresh lemon juice

1. Preheat oven to 425°F. Line a baking sheet with parchment paper.
2. Chop the broccoli into medium-sized florets, leaving a good amount of the stem for a nice shape. Mix the broccoli florets with 2 tablespoons olive oil and the kosher salt. Roast for 20 to 25 minutes, until tender and slightly browned (no need to stir!).
3. When the broccoli is done, remove the pan from the oven. Grate the garlic onto the pan, and add the remaining 1 tablespoon olive oil and the lemon juice. Use a spoon to gently toss it all together (separating any grated garlic that clumps together). Serve immediately.