

Garlic



Health Benefits

- Contains several vitamins and minerals that are associated with reduced risk of cancer and heart disease.
- Rich in antioxidants which are good for overall health.

Storage

A few weeks to several months, in a cold, dark place.

Preparation

Separate the cloves from the root and trim both ends of each clove. Peel away and throw out the skin. Garlic is typically eaten cooked in meals but can be added raw to salads and dressings.



Trick

You can use garlic to spice up simpler dishes.

Vegetable medley

Ingredients:

- 2 cloves of garlic
- 2 cups of any vegetables (choice of; carrots, broccoli, cauliflower, green beans)
- 1 potato
- 2 tbsp oil
- Any spice of your choice (optional)
- Salt and pepper to taste



Directions:

1. Preheat the oven at 400°F.
2. Mince the garlic and cut the vegetables and potato into bite sized pieces.
3. Mix the garlic, vegetables, potato and oil in a bowl.
4. Bake in the middle of the oven until the pieces are golden brown. About 35 minutes.
5. Enjoy