



ROASTED GARLIC

(and what to do with it)

By Dr. Cindy Tanzar
(Standard)

Roasting garlic is something everyone should do and something you will want to make often after you try it. Probably our easiest recipe of all time, but one that packs a lot of flavor... the sharp garlic becomes very mellow and sweet when roasted and spreads like a jam. You can add it to soups, stews, gravy, casseroles, mayonnaise, cooked vegetables, mixed into butter, mixed into hamburger meat before grilling, on top of steak or chicken, in salad dressing, guacamole, rubbed on cauliflower pizza crust in your manual or even mixed into salsa. The possibilities are endless. You can use this recipe as a condiment, so there's no need to try and fit it into the plan. Just enjoy it!



INGREDIENTS

2-4 whole garlic bulbs (elephant garlic has nice large cloves, but regular bulbs will do)
Avocado oil (1-2 teaspoons per garlic bulb)



INSTRUCTIONS

Preheat oven to 400 °F. Remove any loose papery skins and cut a 1/2- inch slice straight across the long root end of the bulb, exposing the tops of the cloves. Place cloves on a piece of aluminum foil and drizzle with oil, rubbing the clove to ensure it is all covered.

Wrap the garlic cloves in the foil and roast for 30-40 minutes, or until garlic is very soft and lightly browned. Remove from oven and allow to cool. To remove the garlic, simply squeeze the bulb from the bottom and the cloves will pop out or come out mashed. Mash the whole cloves with a fork and use as desired.

Store any leftovers in the frig in a glass jar or container, covered lightly with a layer of oil and sealed. It should be good 7-10 days