



Give Them More
of the
Good Stuff!

Garlic Basics



Shop and Save

- ✿ Choose heads of garlic with cloves that feel firm. Avoid garlic that is soft or showing green sprouts or mold.
- ✿ You may find fresh, peeled garlic cloves in some stores. Garlic is also available whole, chopped or minced in containers with oil or water. All are convenient but may cost more than fresh.
- ✿ Garlic powder and granulated garlic are forms of dried and ground garlic. Both are a convenient and low-cost way to add garlic flavor.
- ✿ Garlic salt is a mix of garlic powder and salt. Check the Nutrition Facts label to know how much sodium is in a serving.

Garlic adds flavor to food and contains compounds that promote good health.



Garlic Math

1 clove of garlic
= about 1 teaspoon
chopped garlic
1 teaspoon chopped garlic
= about 1/4 teaspoon
garlic powder



To peel a garlic clove, press firmly on the clove with the flat side of a wide knife or other flat kitchen tool until the skin and clove crack. Remove the skin and hard root end.

Store Well Waste Less

- Store garlic heads in a container with airflow in a dark, cool and dry place. Do not refrigerate.
- Whole garlic heads can be stored for up to 6 months. When cloves are removed, the remaining head will stay fresh for a few weeks.
- Check garlic cloves regularly. Use any that are getting soft or sprouting. They are safe to use but the flavor may be mild.
- Rinse and dry garlic just before breaking or cutting through the peel.
- Refrigerate peeled garlic in an airtight container to use within a few days.
- Store garlic powder in a cool, dark and dry place for as long as 4 years.
- To freeze any form of garlic, place on a baking sheet and freeze until solid. Move to a labeled airtight container to use within 18 months.



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Enjoy Garlic

Roasted Garlic

Ingredients:

- 1 head **garlic**
- 1 teaspoon **vegetable oil** (try olive)
- 1/8 teaspoon each **salt** and **pepper**

Directions:

1. Wash hands with soap and water.
2. Preheat the oven to 375 degrees F.
3. Without breaking the garlic head apart, remove as much of the papery outside layers as you can.
4. Using a sharp knife, cut off the pointed top of the garlic head so you can see a bit of all the cloves. Place garlic on a piece of foil or in a lightly greased baking dish. Lightly drizzle the cut side with oil and sprinkle with salt and pepper.
5. Close the foil around the garlic or cover the baking dish with foil, a lid or a flat baking sheet.
6. Roast in the oven until garlic is soft and golden brown, about 40 minutes.
7. Set garlic aside to cool until safe to handle. Open foil or baking dish and squeeze the garlic cloves from the peel into a container. Use in recipes.
8. Refrigerate or freeze leftovers within 2 hours.

Notes:

- Roasting garlic brings out sweet and mellow flavors that go well with many recipes.
- Spread on toasted bread, mix into mashed potatoes or soup, or toss with pasta and vegetables.
- Add to dips, spreads and salad dressings such as hummus, guacamole or vinaigrette.
- Roast more than one head and freeze recipe-sized amounts in labeled airtight containers.

Makes about 3 Tablespoons

Prep time: 5 minutes

Cooking time: 40 minutes

Cooking with Garlic

- Cutting a garlic clove releases compounds that react with oxygen. That reaction contributes to the strong aroma and flavor of garlic.
- The more garlic is chopped, the more flavor is released. Crushed garlic will taste the strongest. Sliced and whole cloves will taste milder.
- The flavor of garlic changes as it cooks. Adding garlic earlier in your cooking allows the flavor to mellow. Adding the garlic later will give a stronger flavor. If garlic browns too much or burns, the flavor will turn bitter.
- Add chopped garlic to an acid such as vinegar or lemon juice and let it sit for a minute. This brings out a light garlic flavor that works well in a salad dressing or dip.
- Use garlic powder in spice mixes, dry rubs, salad dressings and any recipe where you want the garlic flavor to spread evenly throughout your food.
- Add whole garlic cloves to flavor pickled vegetables.

Go to
[FoodHero.org](https://www.foodhero.org)
for tasty
recipes using
garlic.



**Kids
Can!**

When kids help make healthy food, they are more likely to try it. Show kids how to:

- ❁ drizzle oil and sprinkle salt over heads of garlic for roasting.
- ❁ squeeze garlic from the cloves after roasting.
- ❁ prepare a plate or bowl of vegetables for dipping.