

Veggie of the Month: Garlic

January 2018



How to eat:

- Roasted garlic –cut off the pointy end of a whole piece of garlic. On a square of foil, place the garlic with the open end up and drizzle with olive oil, salt and pepper. Roast in the oven at 400 degrees F for 40 minutes. Once cooled, push on the bottom of the clove to push the garlic out of its paper.



- Garlic adds lots of flavor to foods. Fresh garlic is best. It also helps to dice your garlic and let it sit for a few minutes to release its flavors before using.



Garlic is known for its cancer fighting benefits. Garlic contains sulfur compounds that help to lower our risk of certain cancers. Garlic is also helpful for reducing our risk of heart disease, it does so by helping to improve flexibility of our blood vessels. More research has to be done to determine how much garlic



is necessary to see benefits but overall studies are showing that 6 cloves at least 3x per week is beneficial. That comes out to about 2 cloves per day.

Purchase garlic that is plump and has unbroken skin. Gently squeeze garlic to ensure it feels firm. Avoid garlic that is soft and shriveled or has begun to sprout.

Store fresh garlic in an uncovered or loosely covered container in a cool, dark place, away from exposure to heat and sunlight.

Garlic Hummus

Makes: 4 servings

Ingredients:

15 ounce can garbanzo beans, drained and rinsed
7 cloves of garlic, peeled
1 tbsp. olive oil
3 tbsp. tahini (sesame seed butter)
3 tbsp. water
1/4 cup lemon juice
Salt and pepper to taste

Directions:

Blend all ingredients together in a blender or food processor until smooth. Serve with whole grain crackers, pita bread or veggies.

Nutrition Facts:

159 calories, 6g protein, 18g carbohydrates, 5g fiber, 3g sugar, 8g fat, 1g saturated fat, 3g monounsaturated fat, 127mg sodium.

Veggie of the Month: Kale

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How to eat:

- Kale is great in salads, but it can be very tough to eat raw. Sprinkle shredded kale with lemon juice, a little salt and olive oil and massage for a 2 to 3 minutes until the kale starts to wilt.



- Sauté kale as a side for your dinner or top with a fried egg for breakfast.



- Kale holds up great in a soup. Add it to your favorite veggie soup recipe. [Click here](#) for a great kale and bean soup recipe.

Kale is part of the cruciferous vegetable family and thrives in cooler seasons of the year. It is rich in lutein, which is known for its role in eye health. Kale also contains fiber and when steamed



can provide enhanced cholesterol-lowering benefits. Of course, kale is also loaded with antioxidants that help with inflammation and cancer prevention. One cup of kale is just 36 calories and contains 1.3 grams of fiber. Kale is a great source of vitamin K, vitamin A and vitamin C. Look for kale that is firm, deeply colored leaves and moist hardy stems. Store kale in a plastic storage bag and remove as much of the air from the bag as possible. It should keep for 5 days.



Orzo, Kale and Winter Vegetables

Makes: 4 servings

Ingredients:

8 ounces orzo pasta
1/2 tbsp. olive oil
1/2 tbsp. canola oil
1 large sweet potato
2 medium onions, diced
4 cloves garlic, minced
6 ounces shiitake mushrooms
1 tbsp. balsamic vinegar
2 tbsp. / soy sauce
1 bunch kale, stalks removed
Salt and pepper to taste

Directions:

Heat a large pot of water to boiling and add orzo. Cook until al dente, about 6 to 7 minutes. Drain and toss with 1/2 tbsp. of olive oil to prevent sticking. Heat a pan and add 1/2 tbsp. of canola oil. Add sweet potatoes and cook until browned on each side. Add onions and mushrooms. Wisk together vinegar and soy sauce and pour into pan. Add the greens until wilted. Add orzo pasta and mix.

Nutrition Facts:

333 calories, 13.3g protein, 63.7g carbohydrate, 5.7g fiber, 7.9g sugar, 3g fat, 1.4g saturated fat, 0mg cholesterol, 646mg sodium.