

GARLIC

Types

Hardneck: Has woody central stalks and is very flavorful. Each bulb usually contain 4-12 cloves.

Softneck: This is the type typically found in grocery stores. Each bulb contains more cloves than hardneck garlic.

give it an easy whack with base of your hand (be careful to avoid cutting yourself). This pressure will allow the garlic to open and flatten so that you can easily slice and mince the garlic.

You can mince, grate, press, slice, or leave garlic whole.

Selection Info

Look for heavy, closed, firm bulbs, with dry outside skins.

Preparation

Peel the outside skin and trim the ends of garlic when ready to use, no need to wash.

To remove garlic skin, place a clove on a cutting board. Place a chef's knife flat on top of the garlic and

give it an easy whack with base of your hand (be careful to avoid cutting yourself). This pressure will allow the garlic to open and flatten so that you can easily slice and mince the garlic.

You can mince, grate, press, slice, or leave garlic whole.

Storage

Short-Term Storage: Store garlic in a cool, dry, dark location away from other foods. Garlic can be stored for up to eight weeks this way. Do not store garlic in the refrigerator.

Long-Term Storage: Garlic can be frozen. You can also roast and cool garlic, and then pour it into ice cube trays for later use.

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CABBAGE STIR FRY

Ingredients

- 1 tablespoon vegetable oil
- 1 cup onion (chopped)
- 2 medium green sweet peppers (chopped)
- 1 small head of cabbage (chopped)
- 2 cloves of garlic (chopped)
- 2 tablespoons low-sodium soy sauce (to taste)

Directions

1. Wash sweet peppers and cabbage before chopping.
2. Heat oil in a large skillet.
3. Add onions, peppers, cabbage, and garlic to skillet and cook over medium heat until vegetables are tender (5-10 minutes).
4. Add soy sauce and stir until sauce boils.
5. Serve immediately, and refrigerate any leftovers.



Learn more about GARLIC by scanning the QR code above or by visiting <https://extension.purdue.edu/foodlink/food.php?food=garlic>

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Nutrition Information

Serving Size	1 cup
Nutrients	Amount
Total Calories	71
Protein	2g
Carbohydrates	12g
Dietary Fiber	4g
Total Fat	2g
Saturated Fat	0g
Cholesterol	0mg
Sodium	201mg

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