

Roast your Garlic!

Roasting your garlic instead of using it raw gives it much more depth of flavor. It is great in many dishes, on toasted garlic bread or on your favorite cracker. You can also freeze it to use it whenever you need to. Put it in a plastic zipper bag, flatten it out, store in the freezer & simply break off what you need.

*1 head garlic *2 Tbsp. olive oil (or more) *salt & pepper

Preheat oven to 425 degrees F. Slice off the very top of the garlic head. Place in a piece of foil and drizzle olive oil inside the head of garlic until it is completely filled & just starting to run down the side. Wrap tightly with foil & place on a cookie sheet. Bake until tender & fragrant, roughly 35 minutes. Remove from the oven & let cool. Peel outside off of bulb of garlic, then gently squeeze each clove out.

Roasted Garlic Cauliflower

*2 Tbsp. minced garlic *3 Tbsp. olive oil *1 head cauliflower, separated into florets *1/3 grated parmesan cheese *salt & pepper to taste *1 tsp. dried parsley

Preheat the oven to 450 degrees F. Grease a large casserole dish. Place the olive oil and garlic in a large resealable bag. Add cauliflower & shake to mix. Pour into the prepared casserole dish & season with salt & pepper to taste. Bake for 25 minutes, stirring halfway through. Top with Parmesan cheese & parsley & broil for 3 to 5 minutes, until golden brown.

Parmesan Garlic Spaghetti Squash with Mushrooms

*1 spaghetti squash *2 Tbsp. olive oil *2 cups mushrooms, chopped bite size *2 cloves garlic, finely chopped *1 tsp. dried thyme *1/4 cup grated Parmesan *1 Tbsp. dried parsley *salt & pepper to taste

Preheat oven to 380F^o

In a deep skillet (or large pan), add olive oil, garlic & thyme. Cook for 2 minutes over high heat & add mushrooms. Cook until mushrooms are golden brown (about 7-8 minutes). Turn off the heat & set aside. Put the spaghetti squash on a baking tray & pierce the skin a few times using a knife. Bake for about 1 hour, until squash can be pierced with a knife. Alternatively, you can microwave the spaghetti squash. (See below). Take squash out of the oven & let cool to room temperature. Cut in half & get rid of the seeds. Use a fork to scrape the squash into strings. Add squash to the skillet (or pan), turn the heat to high & quickly fry with mushrooms. Sprinkle parmesan while sautéing for a minute. Turn the heat off, top with parsley & season with salt and pepper. Serve.

(To microwave spaghetti squash: Place spaghetti squash on a microwave safe plate or other microwave safe container covered with a damp cloth or paper towel. Place the cut side down (skin facing up). Microwave on high for 10 minutes. Take the spaghetti squash out of the microwave & shred with a fork. If the squash is still hard, microwave for another 2-3 minutes, or until tender.)

How to easily peel garlic using the microwave.

Remove the cloves you need from the head. Do not microwave the entire head of garlic, as this can ruin it for later meals. Simply remove the cloves you plan on using right then. Put the garlic clove(s) in the microwave for 5-10 seconds. With the garlic on a small plate, heat them up briefly on high. You should notice the skin billowing & loosening. Cut away the loose remaining skin. Cut the root end off with a knife & the skin will slide off easily.

Garlic Mashed Potatoes & Cauliflower

*2 medium Yukon potatoes, peeled & cubed *3 cups cauliflower florets *2 cloves garlic *1/3 cup milk *3 Tbsp. butter *1/8 tsp. salt *1/8 tsp. pepper

Cover potatoes, cauliflower & garlic with water in 3-quart saucepan. Bring to a boil over high heat.

Reduce heat to low & simmer uncovered until vegetables are very tender, about 15 minutes; drain.

Return vegetables to saucepan; mash. Stir in remaining ingredients. Yum!

*Garden to
Doorstep
Organics*

