



Garlic

3 Prep and cooking tips

- Garlic cloves can be used grated, sliced, minced, or even whole.
- Garlic can be used to flavor many dishes like chicken soup, pasta, stir-fry dishes, or casseroles.
- Use raw garlic in spreads like hummus or guacamole.

2 Shopping and storage

- Garlic should be stored in a cool, dry place and should not be refrigerated.
- After the bulb is broken, it is best if used in 7-10 days. An unbroken bulb is good for several months.

1 Nutrition Fact:

- Garlic is high in manganese and selenium! Manganese helps keep our bones and nervous system healthy. Selenium has antioxidant properties and can boost our immune system.

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