

12 Great Ways to Use...

Garlic

Although garlic sometimes gets a bad rap for its strong odor, it is still one of the most common ingredients used in Mediterranean cooking. Typically paired with onion, tomato, and ginger, it's challenging to find a savory recipe that doesn't list it as an ingredient. Garlic is versatile because of how its flavor changes as it is cooked, from spicy and pungent to sweet and mellow. Its unique bite is well worth garlic breath.

- 1.** Bake a whole head of garlic with a little olive oil wrapped in foil in the oven at 400°F for 30 to 35 minutes. Spoon out the caramelized roasted cloves and spread on bread or add to savory dishes, such as mashed potatoes.
- 2.** Slice a garlic clove in half and gently rub it over olive oil-brushed, toasted bread for quick and easy garlic bread.
- 3.** Mince garlic cloves and fresh parsley leaves, and toss together with freshly grated lemon zest and a little lemon juice. Use the mixture as a refreshing condiment to any meat or pasta dish.
- 4.** Sauté thinly sliced garlic cloves in olive oil until crispy and drain on paper towels. Use "garlic chips" to top soups and salads.
- 5.** Add minced garlic shortly after sautéing onions for soup, sauce, and stew recipes.
- 6.** Marinate seafood with a mixture of olive oil, crushed garlic cloves, spices, and lemon juice.
- 7.** Flavor olive oil by sautéing whole garlic cloves in the oil until lightly browned.
- 8.** Add crushed raw or roasted garlic to bean and vegetable dips. Combine with Greek yogurt and salt for a simple yogurt dip.
- 9.** In a blender or food processor, combine olive oil, vinegar, garlic cloves, dill, and grated feta cheese. Slowly add fresh buttermilk to the blend, chill, and use as a flavorful feta garlic dressing for salads.
- 10.** Make a tapenade with Greek olives, capers, pressed garlic cloves, pine nuts, olive oil, lemon juice, and fresh herbs. Add to omelettes or eat with pita bread.
- 11.** When cooking beans, add whole garlic cloves to the liquid for a more complex flavor.
- 12.** Cook greens such as spinach, collards, or kale with a little olive oil, thinly sliced garlic, and a splash of vinegar, white wine or lemon juice.

