

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.

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>

 [Share your recipes!](#)

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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