

## ROASTED GARLIC

### *Ingredients:*

2 whole garlic bulbs  
2 Tbsp olive oil  
Salt

### *Instructions:*

- Preheat the oven to 425 F.
- Cut off the tops (pointed end) of the garlic bulbs.
- Place both bulbs on aluminum foil. Drizzle with oil and salt, and wrap the aluminum tightly.
- Bake in the oven for 40 minutes. The garlic should be soft.

Serves 2

**Tip:** use this recipe to make a roasted garlic sauce for dipping chips or vegetables, or to use for your pasta dishes. Mix the roasted garlic with a little bit of skim milk and parmesan cheese. Puree in the food processor until smooth. Strain using a colander. Add more or less milk to obtain the desired consistency.

### **Good to know**

Roasted garlic is a great addition to any meal. Add it to mashed potato, use it as a spread on a piece of bread, mix it in with salad dressings, or add to soups and stews.

