

## Garlic – Sliced or Chopped



### **How to safely slice or chop garlic:**

1. Pull a single clove from the garlic bulb.
2. Lay a wide chef knife blade on top of the garlic.
3. Using the palm of your hand, push down on the blade to crack the skin.
4. Peel the skin from the clove.
5. Cut off the tiny root end.
6. Use a gentle rocking motion to slice the garlic into slices or chop, chop, chop until the garlic is minced or chopped to your liking.

OR – Drop cloves of garlic into boiling water for 60 seconds. Remove garlic and peel.

### **How to use chopped or sliced garlic:**

- **Garlic Veggies:** Add 1 tablespoon of oil to a saute pan or skillet over low to medium heat. Add garlic (chopped or sliced) and stir for one minute, making sure the garlic sizzles when added and that it doesn't burn. Add chopped veggies and stir until the vegetables are tender crisp or to your taste.
- **Garlic Bean Dip:** In a food processor, add 1 can white beans, drained, 1 peeled clove of garlic, 1/4 cup packed fresh herbs such as basil, parsley, chives, (a small bit of rosemary), 1/4 cup garlic oil or olive oil, 1 tablespoon vinegar (champagne, white wine are nice) or lemon juice, salt and pepper to taste. Puree until smooth. Serve with carrot and celery sticks, sliced baguette or crackers.
- **Garlic Shrimp:** Stir shrimp or other proteins with garlic butter: Add 3 tablespoons butter to a skillet. Finely chop or thinly slice 3 peeled cloves of garlic. Add 1 pound of shrimp, or other thinly sliced protein. Cook until shrimp or protein is cooked. Spritz with lemon juice before serving.