

A simple guide to
GARLIC

White round bulb with individual cloves & a paper-like peel



Flavor & smell is strongest when raw & mellows with cooking



Different varieties may appear more purple in color



In Season

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June - October

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How To Select



Choose firm bulbs with tight, unbroken skins.



Avoid bulbs with green sprouts at the top or that feel hollow & dehydrated.

How To Store

- Store in a dry area at room temperature out of direct sunlight up to 2 months.

How To Prepare

Roasted



Cut garlic in half. Place both halves onto a large piece of foil. Drizzle with olive oil & wrap in foil. Bake at 400°F 30-40 minutes until very tender & soft to the touch.

Fresh



Place clove on cutting board. Using the flat part of a wide knife, press down firmly by the heel of your hand. Remove skin. Chop, dice, or mince to add to your favorite recipe!



Tip: Substitute dried garlic & herbs for fresh from your local farmers market!

GARLIC HERB BEEF SKEWERS

Ingredients:

- 2 cups instant brown rice
- 8 wooden skewers
- 1 lb beef sirloin, cut into 1 inch cubes
- 2 large bell peppers, cut into chunks
- 1 (8 oz) package whole mushrooms
- Non-stick cooking spray

Garlic Herb Marinade

- 1/2 cup olive oil
- 6 Tbsp red wine vinegar
- 6 cloves garlic, minced
- 2 Tbsp dried oregano
- 2 Tbsp dried thyme
- 2 Tbsp paprika

Preparation:

1. Prepare rice according to package instructions. Set aside.
Soak skewers in water to prevent burning.
2. In a large bowl, whisk together marinade ingredients.
Add beef, peppers & mushrooms to bowl. Toss to coat.
Thread pieces of beef, bell pepper & mushroom on skewers.
Discard remaining marinade.
3. **GRILL INSTRUCTIONS:** Preheat grill to medium (350-375°F).
Grill skewers, covered, 8-11 minutes, turning occasionally. Use a meat thermometer to reach desired doneness. Serve skewers over rice.
OR
OVEN INSTRUCTIONS: Preheat oven broiler to HIGH. Lightly coat a foil-lined baking sheet with cooking spray. Add skewers to baking sheet. Broil on HIGH, 3-4 inches from broiler 3-5 minutes.
Flip skewers & broil 3-4 more minutes. Serve skewers over rice.

30 Min | Serves 4

| Nutrition Facts | |
|-------------------------------|------------|
| 4 servings per recipe | |
| Serving size | (332g) |
| Amount per serving | |
| Calories | 540 |
| % Daily Value* | |
| Total Fat 22g | 28% |
| Saturated Fat 4g | 20% |
| Trans Fat 0g | |
| Cholesterol 90mg | 30% |
| Sodium 75mg | 3% |
| Total Carbohydrate 48g | 17% |
| Dietary Fiber 5g | 18% |
| Total Sugars 4g | |
| Includes 0g Added Sugars | 0% |
| Protein 41g | |
| Vitamin D 0mcg | 0% |
| Calcium 51mg | 4% |
| Iron 6mg | 35% |
| Potassium 980mg | 20% |

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Are calories & sodium close to a match?



This recipe is 1 for 1 certified & meets a lower sodium standard.

