

A Tasty Tidbit About Garlic!

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Garlic 101

Garlic, *Allium Sativum*, originated in Asia and gradually migrated West, first to the Mediterranean basin and then eventually to Europe and to the Americas at the beginning of the 16th century. From the very beginning, garlic was recognized for its smell, flavor and medicinal properties. Scientists recognize garlic as a powerful food, promoting good health mainly for its sulphuric compounds.

A Little Garlic History

Garlic and onions are among the oldest cultivated food plants. Their culinary, medicinal and religious uses date back more than 6,000 years. Around 300 BC, Chinese courtiers had to use cloves to sweeten their breath in the presence of the emperor because they ate so much garlic. Even today, no one in the British Royal Family eats garlic (so as not to have breath that might offend) and as a result, no one who works for them is a garlic eater either!

Interesting Garlic Fact

Eleanor Roosevelt was said to take three chocolate covered garlic pills each morning to improve her memory.

Garlic Types

- ♦ **Artichoke Garlic** is the kind of garlic seen most often in the supermarkets in the United States. In fact, most people aren't even aware that there is more than one kind of garlic!
- ♦ **Silver-Skin Garlic** is usually, but not always, the one that you see in braids. Silver-Skins are generally the longest stored of all garlic and have a soft pliable neck that lends itself to braiding. It holds up over time better than the artichoke garlic whose neck tends to deteriorate earlier than the Silver-Skins.
- ♦ **Purple Stripe Garlic** is hard necked and is usually vividly striped with purplish vertical stripes decorating the bulb wrappers. It tends to be rather rich in flavor, but not overly pungent, though some are milder. It stores fairly well.



Garlic Storage Tricks

- ♦ Give garlic the air circulation it needs in order to breathe. Store it in a basket or a garlic keeper.
- ♦ Never store garlic in direct sunlight. Direct sunlight will cause garlic to dehydrate.
- ♦ Never store garlic in the refrigerator as it is too cold. It causes flavor loss and may cause garlic to sprout.
- ♦ Store garlic at a temperature of 55 - 65 degrees Fahrenheit.
- ♦ Garlic is available peeled, chopped, minced, creamed or preserved in oil, or powdered, but fresh garlic remains unsurpassed in its taste.



Did You Know?

- ◆ Chicago got its name from the American Indian word for the wild garlic that grew around Lake Michigan, “*chicagaoua*.”
- ◆ California produces more than 250 million pounds of garlic each year.
- ◆ There is an all garlic restaurant in Stockholm where they offer a garlic cheesecake.
- ◆ Elephant garlic is actually closely related to the leek and thought by some to be the wild ancestor of the leek. The bulbs are very large and can weigh more than one pound.
- ◆ Americans are consuming 3.1 pounds of garlic per person per year.

Chef Dave's Roasted Garlic

Servings: 8

Ingredients:

- 4 whole bulbs of garlic
- 4 teaspoons olive oil
- 2 teaspoons fresh parsley, chopped
- 2 teaspoons dried Italian seasoning

Directions:

1. Peel away most of the outer wrappers of the garlic bulbs. Slice off just enough of the top of the bulb to expose a good cross section of the cloves, about one fourth of an inch.
2. Place garlic bulbs cut side up on top of a square of aluminum foil.
3. Drizzle one teaspoon of olive oil on each bulb.
4. Sprinkle 1/2 teaspoon parsley and 1/2 teaspoon Italian seasoning over each garlic bulb.
5. Wrap each seasoned garlic bulb with aluminum foil and place cut side up into oven safe baking dish.
6. Place in 350 preheated oven for 35 minutes or until garlic clove is soft.

Nutritional Information (*per serving*):

70 calories; 2g protein; 2.5g fat (0.5g saturated fat); 0mg cholesterol; 10g carbohydrate; 4g fiber; 5mg sodium

Note: *The roasted garlic can be used instead of a spread on whole grain rolls, crackers or vegetables. It can also be added to whole wheat pasta or brown rice.*

Broccoli with Garlic and Asiago Cheese

Servings: 4

Ingredients:

1/2 pound broccoli spears, *stalks peeled and cut into long, thin pieces*



1 tablespoon extra-virgin olive oil

4 cloves garlic, *finely chopped*

2 ounces Asiago cheese, *shaved with a vegetable peeler*

Directions:

1. Simmer broccoli in 1/2 inch of boiling salted water in a shallow covered skillet for 6 - 7 minutes, until tender.
2. Drain broccoli and remove from pan.
3. Return pan to stove top over medium heat. Add oil and garlic.
4. Saute garlic in oil for 3 minutes.
5. Add broccoli spears to the skillet and coat them with garlic oil.
6. Transfer broccoli to a serving dish and garnish with curls of Asiago cheese.

Nutritional Information (*per serving*):

110 calories; 5g protein; 8g fat (3g saturated fat); 10mg cholesterol; 6g carbohydrate; 2g fiber; 180mg sodium



From Our Medical Director— Kent Sasse, MD, MPH, FACS, FACRS**



Introducing “Audio Diets,” A Revolutionary Guide To Successful Weight Loss

Pursuing a healthy weight has become a way of life for many people but with the appropriate guidance and support, anyone can get to and maintain a healthy weight. With this premise in mind, I have created “*Audio Diets*” to provide people with the most effective tools to successfully lose weight and keep it off.

Did you know that even a moderate amount of excess weight can lead to dramatic increases in health problems such as diabetes, sleep disturbances, back pain and even more serious health problems? Additionally, if moderate weight gain turns into significant weight gain, it can become a life threatening illness.

So what is the best way to manage your weight to ensure that it does not creep up? Prevention! Fight the disease before it begins by focusing on what you need to do to be successful. I have created *Audio Diets* to provide principles on preventing weight gain, preventing problems such as diabetes, and preventing the progression to obesity.

Audio Diets offers a motivating and educational approach to weight loss and weight maintenance. Whether you are considering weight loss surgery, or you would like to lose weight, or if you just want to maintain, there is an *Audio Diets* program for you.

Some of the *Audio Diets* titles available to purchase include:

- ◆ *40 Pounds in 90 Days*
- ◆ *State of the Art Medical Weight Loss*
- ◆ *The Best Diet*
- ◆ *Nutrition & Your Weight Loss*
- ◆ *After Weight Loss Surgery - Back on Track*
- ◆ *An Overview of Weight Loss Surgery - Is Surgery Right For Me?*
- ◆ *Types of Weight Loss Surgery - Which Operation Is Right For Me?*
- ◆ *Preparing for Weight Loss Surgery - How to Maximize Success & Lower Your Risk*

To learn more about these revolutionary weight loss tools or to order your own copies of *Audio Diets*, please visit www.audiodiets.com.

***Kent C. Sasse, MD, is the Medical Director for Western Bariatric Institute and the International Metabolic Institute, also known as iMetabolic, based out of Reno, Nevada. Dr. Sasse’s book, The Sasse Guide to Outpatient Weight Loss Surgery, will be released in the Spring of 2008 and is available for pre-order now. To learn more about the science and medicine of successful weight loss, please visit www.sasseguide.com.*