



## BENEFITS

### It adds delicious flavour to your dishes!

Whether used fresh, powdered, crushed or puréed, garlic has no equal when it comes to enlivening your recipes. Store the bulbs in a cool, dry spot and keep peeled cloves covered in oil in the freezer.

### Even its stem is edible!

Commonly known as garlic scapes, the stems are a tasty substitute for green onions or chives. Choose plump, firm bulbs with unbroken skin and no signs of spotting or sprouting.



## WHY EAT LOCAL?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.

## GARLIC DIP

Portion: 250 ml (1 cup)  10 min

### Ingredients

- 80 ml (1/3 cup) sour cream
- 160 ml (2/3 cup) plain yogurt
- 2 gloves garlic, chopped
- 10 ml (2 tsp) Dijon mustard
- 45 ml (3 tbsp) cucumber, finely chopped
- 30 ml (2 tbsp) fresh herbs (ex.: parsley, mint, thyme)

### Directions

1. Mix together all the ingredients in a small bowl.
2. Serve with raw veggies.

Source: Julie Strecko, RD

## COOKING WITH KIDS!



Make things fun for your kids by varying the shape of the vegetables. Use cookie cutters with turnips, sweet potatoes and rutabaga. Cut broccoli and cauliflower into florets.

### Tip!

Remove the green germ that is sometimes found in the middle of the clove. It can make the garlic difficult to digest and cause bad breath.

## ROASTED GARLIC AND EGGPLANT CAVIAR

Portions: 4  10 min  55 min

### Ingredients

- 1 large eggplant
- 2 heads of garlic
- 15 ml (1 tbsp) olive oil
- 5 ml (1 tsp) lemon juice (optional)
- Spices to taste (Cayenne pepper, cumin...)

### Directions

1. Preheat the oven to 180°C (350°F).
2. Prick the skin of the eggplant and place it on a baking sheet.
3. Cut off the tops of the heads of garlic. Place the heads on the baking sheet and drizzle with olive oil.
4. Bake in the oven for 55 min.
5. Let cool several minutes. Cut the eggplant in half. Scoop out the flesh with a spoon and place it in a blender.
6. Use your fingers to squeeze the garlic cloves out of their skins above the blender.
7. Add the lemon juice and blend.
8. Season to taste.

### Note

Serve with oven-toasted pita triangles.

Source: Julie Strecko, RD

