

How To Roast Garlic



INGREDIENTS

- 1 garlic head
- 1 teaspoon olive oil

INSTRUCTIONS

- Preheat the oven to 400°F
- Cut off the top of the garlic head

- Drizzle the oil over the cut side of the garlic
- Wrap the garlic in foil and place on a baking sheet
- Bake for 40 minutes
- Remove from the oven and let it cool for a few minutes
- Separate the cloves and squeeze the garlic pulp out

In my humble opinion, garlic tastes the best when it is roasted. It is great in mashed potatoes, hummus, bread, soups, pizza, dressings, seitan, with brussel sprouts and so many other dishes.



Enjoy!