

EHHD's Guide to Enjoying Garlic!

Source for all recipes: www.practicalnutrition.com

Zesty Herb Dressing

Ingredients

- 1 cup Extra Virgin Olive Oil
- 1 cup Bragg's Apple Cider Vinegar
- 2 Cloves Garlic, chopped
- 1 Tbsp Lemon Juice
- 2 tsp Oregano, dried
- 2 tsp Parsley, dried
- 1 tsp Thyme, dried
- 2 tsp Basil, dried

Instructions

1. Put all ingredients in a blender and blend for 2 minutes.
2. Store in a glass container. Does not need to be refrigerated. You can also use this dressing to marinate chicken or fish in then bake.

Garlicky Greens

Serves: 4

Ingredients

- 1 cup organic, low sodium chicken broth
- 1 tbsp organic extra virgin olive oil
- ¼ tsp fresh ground black pepper
- ¾ cup sliced leek, white part only
- ½ cup chopped organic scallions
- 1 tbsp minced organic garlic
- 3 cups chopped organic kale
- 1 cup chopped organic broccoli rabe
- 3 cups chopped organic collard greens

Instructions

1. Heat 1 tbsp organic chicken broth in a large, heavy skillet over medium high heat. Add leek, scallions, and garlic. Sauté until leeks are limp, about 4 minutes.
2. Add kale, broccoli rabe and collards, stirring until wilted. Mix in spinach.
3. Add remaining broth and simmer, stirring occasionally, until greens are tender, about 15 minutes.

4. Drizzle with extra virgin olive oil and season with pepper.

Quick and Easy Lemon Garlic Shrimp



Ingredients

- 2 15oz cans organic chickpeas, drained and rinsed
- 1.5lb shrimp, peeled
- 2T olive oil
- Juice of 1 lemon
- 3 cloves garlic minced or 1 tsp garlic powder
- 1tsp grated lemon zest
- 1tsp red pepper flakes
- 1.5tsp sea salt

Instructions

1. Preheat oven to 450 degrees.
2. Toss your chickpeas with 1T of olive oil $\frac{1}{2}$ tsp sea salt. Arrange the chickpeas in a single layer in a baking dish and bake for 20 minutes or until golden brown.
3. While those are baking, toss your shrimp with the rest of the olive oil, lemon juice and zest, red pepper, and salt. Let marinate while the chickpeas are cooking.
4. Once the chickpeas are done, place the shrimp on top with some lemon slices. Bake for 5-8 minutes or until shrimp are pink.

Notes

PN Rx: 1 Fat, 1 Protein, 1 Carb

Nutrition Information

Serving size: $1\frac{1}{3}$ cup