

Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

The produce of the week is...

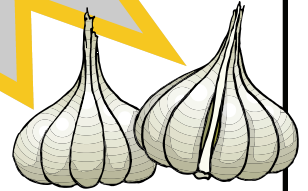
Garlic

You can find POW! info sheets on the EHHD website!

www.ehhd.org

Look for

Produce of the Week



What vegetable has been thought to have medicinal properties?

GARLIC!

- ⇒ When buying garlic choose plump, dry heads that feel firm.
- ⇒ Avoid soft, mushy or shriveled cloves.
- ⇒ American garlic should be white to off-white.
- ⇒ Garlic should be stored in a cool, dark place (though not a refrigerator) and can be kept for several weeks.
- ⇒ Fresher garlic has a stronger flavor.

Source: www.fruitsandveggiesmatter.gov

Nutrition Facts:

- Using garlic is a great way to flavor a dish.
- Garlic contains no fat, cholesterol or sodium.
- A typical serving size is one clove, which contains about 5 calories.

Did you know ?

- ♦ There are approximately 300 varieties of garlic grown throughout the world.
- ♦ In the United States about 90% of the garlic is grown in California.

Count it out!

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and eat at least 5 servings of fruits or veggies each day.

Day 1



Day 3



Day 5



Day 6



Day 4



Day 2



Day 7



Eastern Highlands Health District

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Try these delicious, nutritious and healthy recipes!

Roasted Squash with Potatoes and Garlic

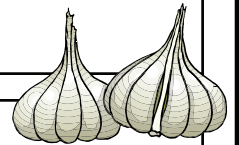
INGREDIENTS

- ◆ 1 unpeeled acorn squash (about 1 to 1½ lbs), washed, halved, seeded and cut into 12 equal pieces
- ◆ 4–5 medium (about 2 lbs) butter potatoes, unpeeled, washed and quartered,
- ◆ 4 cloves garlic, peeled and crushed
- ◆ 3 Tbsp olive oil
- ◆ 1 large sprig rosemary

DIRECTIONS

Preheat oven to 425°F. Combine squash, potatoes and garlic in 9 x 13-inch shallow baking pan. Drizzle with oil. Salt and pepper to taste. Top with rosemary sprig. Bake 45–50 minutes, turning once after vegetables are browned on one side.

Option: Squash may be peeled if desired.



Gorgonzola and Garlic Dip

INGREDIENTS

- ◆ 8 ounces Gorgonzola cheese, crumbled
- ◆ 1/3 cup minced red onion
- ◆ 1/2 cup minced fresh parsley
- ◆ 2 cloves garlic, minced
- ◆ 2 tablespoons red wine vinegar
- ◆ 1 tablespoon lemon juice
- ◆ 1/3 cup olive oil

DIRECTIONS

Mix together the Gorgonzola cheese, onion, parsley, and garlic in a bowl until well blended. Whisk together the vinegar, lemon juice, and olive oil in a separate bowl until well blended. Stir the vinegar mixture into the cheese mixture until well blended. Refrigerate at least 4 hours, or longer. Serve at room temperature with whole wheat crackers.

Roasted Garlic

INGREDIENTS

- ◆ 10 garlic heads (medium)
- ◆ 3 tablespoons olive oil

DIRECTIONS: Preheat oven to 400 degrees F (200 degrees C). Arrange heads of garlic on a baking sheet. Sprinkle garlic with olive oil. Bake for 40 minutes to 1 hour, when the garlic is soft and squeezable, it is ready. Remove, let cool, and serve. Roasted garlic is tasty when served on bread, crackers or apples as an easy to spread topper.



Recipes modified from www.fruitsandveggiesmatter.gov & allrecipes.com

Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!