

Garlic

Lakota: pšínkčeka

Pick it!

A bulb covered with dry, loose outer skin, made up of individual cloves; skin must be removed.

Select plump, dry and firm heads with a smooth white covering.

Choose large sized bulbs with roots still in place.

Do not buy garlic with green sprouts growing from it.

Store in a mesh bag at 32-40 degrees for up to 3-6 months.

Member of the onion family; strong flavor and smell for flavoring food.

Cooked garlic has a milder flavor than raw; bitter when overcooked.

Try it!

Used whole, chopped, crushed, pressed or pureed in dishes. The more finely garlic is chopped the stronger its flavor.

Peel the outer skin off; crush by pressing with the side of a large knife blade, chop finely, crush again. Let stand at room temperature about 10 minutes.

Cook for as short a time as possible.



Types of Garlic

Softneck: multiple plant stems braided for drying, common variety, long shelf life

Hardneck: stems used like green onions, mild garlic flavor

Elephant: related to leeks, strong smell but mild flavor



Did you know...

Phytochemicals, substances in plants, may protect health. Phytochemicals reduce or neutralize free radicals that damage cells. Garlic contains phytochemicals.

Like it!

Garlic and Herb Butter

Ingredients

- ½ c softened butter
- 1 t finely chopped dried parsley, basil or herb of choice
- ½ t minced garlic
- 1-3 t lemon juice
- Salt and pepper to taste

Directions

1. Mix all ingredients together
2. Shape the mixture into a roll
3. Wrap it tightly with saran wrap
4. Freezer up to 6 months
5. Slice of amounts as needed

Yield 8 servings

Nutrition Facts per Serving:
Calories 100; Fat 12g; Cholesterol 30mg; Sodium 140;
Carbohydrates 0g; Sugar 0g; Fiber 0g; Protein 0g

Orzo Garlic Chicken

Ingredients

- 1 cup cooked orzo pasta
- 1 tablespoon olive oil
- 2 cloves garlic (minced)
- ¼ teaspoon crushed red pepper
- 2 (8 ounce) boneless, skinless chicken breast halves, cut into bite size pieces
- 1 tablespoon fresh parsley
- 1 cups fresh spinach leaves
- ¼ cup reduced fat, grated parmesan cheese

Directions

Bring a large pot of water to boil. Add orzo pasta, cook for 8-10 minutes, and drain. Heat the oil in a skillet over medium-high heat and cook the garlic and red pepper 1 minute until garlic is golden brown. Stir in chicken and cook 2-5 minutes, until lightly brown and juices run clear. Reduce heat to medium, and mix in parsley and cooked orzo. Place spinach in the skillet; continue cooking for 5 minutes, stirring occasionally until spinach is wilted. Serve topped with Parmesan cheese.

Nutrition Facts per Serving:
Calories 320; Fat 11g; Cholesterol 85mg; Sodium 150mg; Carbohydrate 23g; Fiber 1g; Sugar 1g; Protein 31g

Lakota word translate by Jeshua Estes

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