

Beneficial Bites



Garlic



Health Benefits:

- ◆ Good source of Vitamin C
- ◆ May prevent atherosclerosis and reduce the risk of a heart attack or stroke
- ◆ Helps decrease inflammation

Interesting Facts:

- ◆ Native to central Asia, & has been grown for over 5000 years
- ◆ In ancient times, it was believed by the Ancient Egyptians that garlic would give strength and courage
- ◆ Chicago got its name from the American Indian word for the wild garlic that grew around Lake Michigan - "*chicagaoua*"
- ◆ Its pungent flavor is due to a chemical reaction that occurs when the garlic cells are broken; the flavor is most intense just after mincing



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Check out the June menu for these “garlic” foods



Featured Recipes:

- ◆ Asparagus with Garlic
- ◆ Broccoli with Garlic
- ◆ Garlic Pasta
- ◆ Roasted Garlic Zucchini and Tomatoes
- ◆ Roasted Squash with Potatoes
- ◆ Spaghetti with Braised Kale
- ◆ Vegetable Garlic Sauté



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