

Garlic

The newsletter that provides information for local and nutritious seasonal eating.

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Health Benefits of Garlic

Garlic not only adds a flavorful kick to your favorite meal, but it also has many health benefits!

- **Lowers bad cholesterol:** eating garlic regularly can help improve cholesterol levels.
- **Boosts your immune system:** helps your body fight off colds and other illnesses.
- **Heart healthy:** can help reduce blood pressure, which is great for a healthy heart!

Think: Do you have acid reflux or take blood thinners?

If so, consult with your doctor before adding a lot more garlic to your diet.



Seasonal Produce

Apples	Carrots	Limes	Spinach
Apricots	Celery	Mushrooms	Strawberries
Asparagus	Collard Greens	Onions	Swiss Chard
Avocados	Garlic	Peas	Turnips
Bananas	Kale	Pineapples	

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Partners In Your Health



Recipes

Lemon-Garlic-Parmesan Vinaigrette

Serves: 20, Serving Size: 1 tablespoon

Ingredients:

- $\frac{3}{4}$ cup extra virgin olive oil
 - 5 tablespoons red wine vinegar
 - $\frac{1}{4}$ cup grated parmesan cheese
 - 3 tablespoons lemon juice
 - 1 $\frac{1}{2}$ tablespoons Dijon mustard
 - $\frac{1}{4}$ teaspoons salt
 - $\frac{1}{4}$ teaspoons black pepper
1. Place all ingredients in a bowl and whisk to combine, or place all ingredients in a jar with a lid and shake to combine.
 2. Store leftovers in the fridge for up to 10 days. Enjoy!



Nutrition Facts: 79 calories, carbohydrates: 1 gram, protein: 0 gram, fat: 8 grams, saturated fat: 1 grams, sodium: 80mg, potassium: 10mg, sugar: 0 gram, calcium: 13mg, iron: 0 mg

Source: <https://www.eatingwell.com/lemon-garlic-parmesan-vinaigrette-8302161>

Garlicky Green Beans

Serves 8, Serving Size: 1 cup

Ingredients:

- 2 pounds green beans, trimmed
 - 3 tablespoons olive oil
 - 3 tablespoons minced garlic
 - 3 tablespoons minced fresh parsley
 - 1 tablespoon chopped fresh tarragon or parsley
1. Bring a large pot of water to a boil. Place a large bowl of ice water next to the stove.
 2. Add the green beans to the boiling water and cook until tender-crisp, about 4 minutes. Transfer the beans to the ice water to cool. Remove and place on a towel to dry.
 3. Heat oil in a large pan over medium heat.
 4. Add garlic and cook for about 30 seconds. Add green beans and herbs. Cook until green beans are warmed through, about 1 minute.



Nutrition Facts: 85 calories, protein: 2 grams, fat: 5 grams, sodium: 140 mg, potassium: 262 mg, vitamin C: 17 mg, fiber: 3 grams, iron: 1 mg

Source: <https://www.eatingwell.com/garlicky-green-beans-8620777>

References:

1. Verma, Tarun et al. "Medicinal and therapeutic properties of garlic, garlic essential oil, and garlic-based snack food: An updated review." *Frontiers in nutrition* vol. 10 1120377. 16 Feb. 2023, doi:10.3389/fnut.2023.1120377 Ansary
2. Ansary, Johura et al. "Potential Health Benefit of Garlic Based on Human Intervention Studies: A Brief Overview." *Antioxidants (Basel, Switzerland)* vol. 9,7 619. 15 Jul. 2020, doi:10.3390/antiox9070619