



Roasted Garlic

Info:

Makes 1 Servings 100 Calories per Serving

LOW CAL

Ingredients:

- ❖ 1 Head garlic
- ❖ 1 Tbsp Olive Oil



Preparation:

1. Preheat oven to 400°
2. Slice ¼" – ½" off the top of the head of garlic
3. Place garlic on 12" x 12" foil square and drizzle with olive oil
4. Wrap garlic in foil and bake for 30 minutes
5. Allow garlic to cool and squeeze out of peel

