Serving Size: ⅛ recipe
Yield: 8 servings

Ingredients

1 head garlic

½ tablespoon plus ¼ cup olive oil, divided

¼ cup fat -free Parmesan cheese topping

Freshly ground black pepper

Instructions

1. Heat oven to 300 degrees.
2. Cut ¼-½ inch off top of garlic head to expose tips of cloves.
3. Lay garlic head cut side up in small baking dish.
4. Drizzle ½ tablespoon olive oil over top; sprinkle on some pepper.
5. Roast until soft, fragrant, and lightly browned, about 45 minutes.

– Over –

Nutrition information:

Calories: 83
Carbohydrate: 2 gm
Fiber: 0 gm
Fat: 8 gm
Protein: 2 gm
Cholesterol: 0 mg
Sodium: 44 mg

For more information, contact your county WVU Extension office or go to www.ext.wvu.edu.

6. Cool completely. Squeeze cloves from the base and use a fork to dislodge flesh from skin.
7. Mash garlic with a fork on small plate.
8. Stir in Parmesan cheese, adding ¼ cup olive oil and pepper to taste.
9. Serve with baguette or crusty bread.

Food Safety First

Research by the National Center for Home Food Preservation confirmed that **mixtures of garlic in oil stored** at room temperature are at risk for the development of a toxin that results in botulism, a potentially deadly foodborne illness.

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