



# Garlic



## Why garlic is a smart choice

Garlic is a close relative to onions, shallots, leeks and chives. And it's a champion of medicinal benefits since it's low in calories but rich in vitamin C, B6 and manganese.<sup>1</sup> Eating garlic regularly can help you build a strong immune system and keep the common cold and flu at bay, thanks to allicin.<sup>1</sup> This nutrient found in garlic is believed to improve blood pressure and prevent heart attacks since it regulates cholesterol.<sup>1</sup>

Garlic is also rich in antioxidants that may reduce the risk of Alzheimer's disease and dementia.<sup>1</sup> So it's a great supplement to a healthy diet. Go ahead and add garlic to your stir-fry recipes, mashed potatoes or pasta dishes. Enjoy!



## Smart eats for better health

### Garlic walnut dip<sup>2</sup>

#### Ingredients

3 slices whole-wheat toast  
¼ cup walnuts  
4 cloves garlic, chopped  
2 tablespoons fresh lemon juice  
1 tablespoon extra-virgin olive oil  
¾ cup water  
2 tablespoons fresh parsley leaves  
Salt and pepper to taste

#### Directions

1. Place the toast in a food processor and process into fine crumbs.
2. With the motor running, add the walnuts and garlic and process until they are ground fine.
3. Add the remaining ingredients with the motor running and process until smooth, adding more water if the mixture seems too thick.
4. Scrape the mixture into a bowl, and season to taste with salt and pepper.

## A recipe for better health

**Nutritional information** — per serving; serving size 1 tbs; makes 8 servings  
Calories 64.1; Total fat 3.8 g; Carbohydrates 6.9 g; Fiber 1 g; Protein: 1.7 g

#### Sources

1 Healthline website: 11 Proven Health Benefits of Garlic (accessed October 2017); healthline.com

2 Dr. Weil website: Garlic Walnut dip (accessed October 2017); drweil.com

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