

## Roasted Garlic

-1 OR more heads of garlic

1. Preheat your oven to 400°F (205° C). (A toaster oven works great for this.)
2. Peel and discard the papery outer layers of the whole garlic bulb, leaving intact the skins of the individual cloves of garlic.
3. Using a sharp knife, cut 1/4 to a 1/2 inch from the top of cloves, exposing the individual cloves of garlic.
4. Place the garlic heads in a baking pan, cut side up. (A muffin pan works great for this, as it keeps the garlic bulbs from rolling around.)
5. Drizzle a couple teaspoons of olive oil over each exposed head, using your fingers to rub the olive oil over all the cut, exposed garlic cloves.
6. Cover the bulb with aluminum foil. Bake at 400°F (205°C) for 30-35 minutes, or until the cloves feel soft when pressed.
7. Allow the garlic to cool enough so you can touch it without burning yourself.
8. Use a small knife cut the skin slightly around each clove. Use a cocktail fork or your fingers to pull or squeeze the roasted garlic cloves out of their skins.

Nutrition Facts: 52 Calories, 12g Carbs, 0g Fat, 2g Protein, 0mg Sodium, 0g Sugar