Roasted Garlic

SERVINGS	SERVING SIZE	EST. PROTEIN / SERVING	TOTAL / HANDS-ON
About 8	1 Tbsp	About 1 g	55-75 min / 10 min

Ingredients

- **4 large heads fresh garlic**
- **4 teaspoons olive oil**
- **1/4 teaspoon salt**, optional

Directions

1. **Prepare.** Heat the oven to **400°F**. Remove loose outer skins, keeping each head intact. Cut **1/4-1/2 inch** off the top to expose the cloves.
2. **Season.** Place cut-side up in your **8 x 8-inch pan**. Drizzle each head with **1 teaspoon olive oil** and divide the optional salt over the tops.
3. **Roast.** Cover the pan tightly with foil. Bake **40-60 minutes**, checking at 40 minutes. The cloves should be golden and soft enough to mash easily with a fork.
4. **Release the cloves.** Uncover and cool for **10 minutes**, until comfortable to handle. Squeeze the softened cloves out of their skins.
5. **Use.** Leave whole or mash with a fork. Spread on bread or stir into butter, soup or sauces.

Store & Reheat

Refrigerate promptly in a shallow, covered container within **2 hours**; use within **3 days**. For longer storage, freeze small portions until solid, then transfer to a freezer bag or container. Use within **3 months** for best quality.

Oven:
Thawed: Thaw in the refrigerator. Preheat **325°F**. Put **2-4 Tbsp** cloves in a small metal oven-safe dish with a little oil and a secure oven-safe lid. First check **10 min**; continue every **2-3 min** to **165°F**.
Frozen: Preheat **325°F**. Put **2-4 Tbsp** frozen cloves directly in a small metal oven-safe dish with a little oil and a secure oven-safe lid. First check **15 min**; continue every **2-3 min** to **165°F**. Or add frozen portions directly to food while it cooks.
Air fryer:
Thawed: Thaw in the refrigerator. Preheat to **325°F**; select **Bake**. Put **2-4 Tbsp** cloves in a small metal oven-safe dish with a little oil and a secure oven-safe lid. First check **5 min**; continue every **2-3 min** to **165°F**.
Frozen: Preheat to **325°F**; select **Bake**. Put **2-4 Tbsp** frozen cloves directly in a small metal oven-safe dish with a little oil and a secure oven-safe lid. First check **8 min**; continue every **2-3 min** to **165°F**. Or add frozen portions directly to food while it cooks.