



Quick 'n' Delicious Garlic Bread

4 fresh garlic cloves
1/4 olive oil
1/2 cup butter
1/4 cup grated brick parmesan cheese
1 cup grated brick cheddar cheese
1 pound loaf French bread
Black pepper, to taste

Preheat oven to 450 degrees. Peel garlic cloves then press through a garlic press or mince very finely with a sharp knife.

In a saucepan over medium heat, combine pressed/minced garlic with olive oil and cook for 60 seconds or until garlic becomes just slightly caramelized. Add butter and cook, stirring, just until butter melts.

Remove pan from heat and add grated parmesan and cheddar, stirring until combined. Split loaf lengthwise then place cut side up on a baking sheet. Spread cheese mixture over tops of loaf then sprinkle with pepper, to taste. Bake for 10 minutes or until cheese is melted to desired doneness.

Approximate servings per recipe:12. Nutrition per serving: Calories 226; Fat 12g; Sodium 391 mg; Carbohydrate 21g Fiber 1g; Sugars 1g; Protein 8g.

VARIATIONS: To add even more flavor and nutrition, try adding your favorite, healthy vegetables like chopped artichoke hearts, spinach or avocado. Other cheeses may be added or substituted as well.



GAIN FROM GARLIC! Eating 1–2 fresh cloves of garlic per day can help lower cholesterol, block the formation of powerful carcinogens and it may also inhibit the growth of a variety of tumors. Garlic can also be used effectively in the same way as a daily dose of aspirin - to keep blood platelets from sticking!