

Fluvanna County Public Library

Spice of the Month Club

Garlic Powder

Flavor Profile: Sweet, spicy, bitter, aromatic, and warming

Garlic is a bulb vegetable that is the headline of the allium genus – allium is literally the word for garlic in Latin. This group of flowering plants includes scallions, onions, shallots, leeks, chives, and other marvelously stinky greens. Believed to be native to Central Asia, South Asian, or Southwestern Siberia, its use has become global – a signature, even – to European culinary traditions such as Italian, Spanish and French.

It was one of the earliest cultivated herbs, but its early use was mainly medical and magical – except in ancient Egypt where it was eaten in quantity. When the first English settlers took it to America, it was still regarded as a medicinal herb.

Health Benefits of Garlic Powder.

- Boosts immune function; Garlic powder contains compounds that help strengthen the immune system, reducing the risk of colds and infections.
- Supports heart health: Research suggests that garlic powder may help lower blood pressure and cholesterol levels, contributing to a healthier heart.
- Improve digestion: The fiber content in garlic powder aids digestion and promotes gut health.
- Anti-inflammatory properties: Garlic powder contains compounds that can help reduce inflammation in the body, potentially alleviating symptoms of arthritis and other inflammatory conditions.
- Antioxidant-rich: The antioxidants in garlic powder help protect the body against oxidative stress and cellular damage.
- Antimicrobial properties: Garlic powder has been shown to possess antimicrobial properties, helping to fight off harmful bacteria and fungi.
- May help regulate blood sugar: Some studies suggest that garlic powder could help manage blood sugar levels, benefiting those with diabetes or pre-diabetes.

Substitution – ¼ tsp. of garlic powder = 1 glove of garlic

Easy Garlic Butter

- ½ cup unsalted butter, softened
 - 1 tsp. garlic powder
 - ½ tsp. onion powder
 - ½ tsp. dried parsley
 - ¼ tsp. salt
1. Place softened butter, garlic powder, onion powder, parsley, and salt in a bowl.
 2. Stir together until well combined.
 3. Store in an airtight container in the refrigerator until ready to use.
 4. NOTE: Try adding in some grated Parmesan cheese to the mixture.



<https://www.foodlovinfamily.com/garlic-spread/>

Easy Garlic Bread (6 servings)

- 1 loaf French bread
 - 1 stick (1/2 cup) salted butter, softened
 - ¼ tsp. garlic powder
 - 1 tsp. dried parsley
1. Preheat oven to 400F. Mix softened butter, garlic powder and parsley.
 2. Slice bread into 1-inch slices.
 3. Spread butter mixture on one side of each bread slice.
 4. Reassemble loaf onto heavy duty aluminum foil.
 5. Wrap loaf securely with aluminum foil. Put loaf onto baking sheet.
 6. Bake for about 15-20 minutes until hot and butter is melted onto bread. Be careful when opening. That aluminum foil and bread will be extremely hot.



<https://www.thecountrycook.net/easy-garlic-bread/>

All-Purpose Marinade Recipe

- ½ cup low-sodium soy sauce
- ½ cup Worcestershire sauce
- ½ cup olive oil
- 1 tsp. sugar
- 1 tsp. garlic powder
- 1 tsp. onion powder
- 2 Tbsp. lemon juice



1. Whisk together all ingredients. Store any leftovers in the refrigerator. Marinate meat an hour to overnight.

<https://www.plainchicken.com/all-purpose-marinade/>

Easy Dijon Vinaigrette (12 servings)

- 3 Tbsp. fresh lemon juice
- 1 ½ Tbsp. Dijon mustard
- 2 tsp. granulated sugar or honey
- ½ tsp. garlic powder
- ⅛ tsp. salt or to taste
- ⅛ tsp. black pepper
- ¼ cup vegetable oil



1. In a small bowl, combine lemon juice, mustard, sugar (or honey), garlic powder, salt, and pepper. Whisk until combined.
2. While whisking, very slowly drizzle in the oil a little bit at a time whisking until incorporated. This should take a couple of minutes.
3. Refrigerate for up to 1 week. Notes: For a Maple Dijon Vinaigrette, replace the sugar with maple syrup.

<https://www.spendwithpennies.com/easy-dijon-vinaigrette/>

Sweet Potato Fries (4 servings)

- 1 pound sweet potatoes, about 2 medium
- 2 Tbsp. cornstarch
- 2 Tbsp. water
- ½ tsp. garlic powder, plus more to taste
- ½ tsp. paprika, plus more to taste
- ½ tsp. sea salt, plus more to taste
- Extra-virgin olive oil, for drizzling



1. Preheat the oven to 425°F and line two baking sheets with parchment paper. Arrange two oven racks in the upper and lower thirds of the oven.
2. Slice the sweet potatoes lengthwise into ¼- to ½-inch-thick planks. Slice the planks vertically into ¼- to ½-inch-thick sticks. Slice any very long sticks in half crosswise. The smaller pieces will get crispier in the oven.
3. In a small bowl, stir together the cornstarch and water until the cornstarch is dissolved. Pour the mixture over the sweet potatoes and add the garlic powder, paprika, and salt. Toss to coat, using your hands to make sure the spices are evenly distributed.
4. Evenly arrange the sweet potato fries on the prepared baking sheets, leaving a little space around each one. Drizzle generously with olive oil.
5. Bake for 15 minutes, or until blistering underneath. Remove from the oven and use tongs to flip the fries. If they look dry, drizzle with a bit more oil.
6. Return the pans to the oven, swapping their positions on the oven racks and rotating them front to back. Bake for another 7 to 12 minutes, or until the fries are browned and crisp.
7. Remove from the oven and let cool slightly. Toss with more garlic powder, paprika, and salt to taste and serve.

<https://www.loveandlemons.com/sweet-potato-fries/>

Easy Homemade Pizza Sauce Recipe

- 6 ounces tomato paste
- 15 ounces tomato sauce
- 1-2 Tbsp. dried oregano to taste
- 2 Tbsp. Italian seasoning
- ½ tsp. garlic powder
- ½ tsp. onion powder
- ½ Tbsp. garlic salt
- ¼ tsp. freshly ground black pepper
- 1 tsp. sugar



1. Mix tomato paste and sauce together in a medium size bowl until smooth.
2. Add the rest of the ingredients – oregano, Italian seasoning, garlic powder, onion powder, garlic salt, pepper and sugar – and stir until evenly distributed throughout the sauce.
3. Taste and adjust seasonings to your liking. Spread onto your favorite pizza dough recipe.

<https://joyfoodsunshine.com/easy-homemade-pizza-sauce-recipe/>

Oven Roasted Broccoli (Baked Broccoli) 6 servings

- 8 cups fresh broccoli florets (1.5 pounds (24 ounces broccoli) cut into bite-sized pieces)
- ¼ cup olive oil
- 1 tsp. garlic powder
- ½ tsp. fine sea salt
- ¼ tsp. paprika
- ¼ tsp. freshly ground black pepper



1. Preheat oven to 450F. Grease a large baking sheet, set aside.
2. In a small bowl mix together garlic powder, sea salt, paprika and black pepper. Set aside.
3. Place broccoli pieces in a large bowl, drizzle with olive oil and stir until evenly coated.
4. Sprinkle half of the spice mixture over the broccoli, stir and repeat with the second half and stir until evenly distributed.
5. Spread seasoned broccoli evenly on the prepared baking sheet.
6. Roast at 450 degrees for 14- 15 minutes, or until the broccoli is nicely roasted, stirring once halfway through. (Note: the size you cut the florets into will affect the baking time (smaller florets need a shorter bake time, larger florets need a longer bake time).
7. If necessary, broil the broccoli for 1-2 minutes at the end of roasting time to crisp it up (I find this is only necessary if using frozen broccoli).
8. Remove from oven and serve immediately.

<https://joyfoodsunshine.com/roasted-broccoli/>

Roasted Zucchini (4 servings)

- 1 pound zucchini, about 3 medium, cut into 1-inch half-moons
- 2 tsp. extra-virgin olive oil
- 1 tsp. Italian Seasoning
- ½ tsp. sea salt
- ¼ tsp. garlic powder
- Freshly ground black pepper
- Lemon wedges, for squeezing
- Crumbled feta cheese, grated Parmesan cheese, pecorino cheese, or Vegan Parmesan, optional, for serving
- Fresh herbs, optional, for serving



1. Preheat the oven to 425°F and line a baking sheet with parchment paper.
2. In a large bowl, toss the zucchini with the olive oil, Italian seasoning, salt, garlic powder, and several grinds of pepper. Spread it evenly on the prepared baking sheet and roast for 15 to 20 minutes, or until golden brown around the edges.
3. Remove from the oven, transfer to a serving dish, and squeeze with lemon. Sprinkle with cheese and herbs, if desired.

<https://www.loveandlemons.com/roasted-zucchini/>

Garlic Butter Shrimp (8 servings)

- ½ cup butter
- 2 pounds frozen medium shrimp
- 2 Tbsp. garlic powder, or more to taste
- ¼ cup water
- 2 Tbsp. cornstarch
- salt and ground black pepper to taste

1. Melt butter in a large skillet or wok over medium-low heat. Add shrimp; cook and stir until shrimp turn pink, about 5 minutes. Mix in garlic powder.
2. Whisk water and cornstarch together in a bowl to make a slurry. Pour into the skillet and stir until butter sauce thickens, 3 to 5 minutes. Season with salt and pepper.

<https://www.allrecipes.com/recipe/273799/garlic-butter-shrimp/>



Easy Authentic Mexican Rice (8 servings)

- ¼ cup canola oil
- 1 Tbsp. onion powder
- 1 Tbsp. garlic powder
- 1 cup uncooked white rice
- 1 ½ cups water
- 1 (6.5 ounce) can tomato sauce

1. Heat canola oil in a skillet over medium-high heat; season with onion powder and garlic powder. Stir in rice and cook until golden, 2 to 4 minutes.
2. Stir in water and tomato sauce; bring to a boil. Reduce heat to medium-low, cover, and simmer until rice is tender, about 15 minutes.

<https://www.allrecipes.com/recipe/235734/easy-authentic-mexican-rice/>



Greek Lemon Potatoes (6-8 servings)

- 1/3 cup fresh lemon juice (from about 2 large lemons)
- 1/3 cup low-sodium chicken broth
- 1/4 cup olive oil
- 1 1/2 tsp. kosher salt, plus more to taste
- 1/2 tsp. garlic powder
- Black pepper, to taste
- 3 Tbsp. fresh oregano leaves, roughly chopped
- 2 1/2 lb. medium Yukon Gold potatoes, cut into 1-inch wedges

1. Position a rack in the lower third of the oven and preheat to 425°F.
2. In a liquid measuring cup, whisk together the lemon juice, chicken broth, oil, salt, garlic powder, a few grinds of pepper, and two-thirds of the chopped oregano. Spread the potatoes on a heavy-duty rimmed baking sheet, then pour the dressing on top and toss well to coat.



3. Roast the potatoes on the lower oven rack until they're almost tender and the pan juices are bubbling and mostly absorbed, 30 minutes. Toss, then continue roasting until the potatoes are tender and golden and the juices have reduced to a glaze, 10 to 15 minutes more. Toss again, then sprinkle with the remaining oregano and season with salt.

<https://www.thepioneerwoman.com/food-cooking/recipes/a39357030/greek-lemon-potatoes-recipe/>

Garlic Parmesan Popovers

- 2 large eggs room temperature
- ½ tsp kosher salt
- ½ tsp garlic powder
- 1 Tbsp freshly grated parmesan cheese plus additional for dusting the pan
- 1 ½ cups milk room temperature
- 1 ¼ cups all-purpose flour
- 1 Tbsp garlic and herb butter melted (such as Kerrygold)

1. Heat the oven to 450°F.
2. Whisk the eggs with the salt, garlic powder, and cheese. Whisk in the milk until blended.
3. Add the flour and melted butter, and whisk until flour is incorporated. Take not to overmix – the mixture will have small lumps (this is fine).
4. Let the batter rest 10 minutes. During the last 2 minutes, put the popover pan into the oven to heat.
5. Spray the tins of the popover pan generously with cooking spray. Dust lightly with parmesan. Fill each tin half full with batter.
6. Bake at 450°F for 15 minutes. Without opening the oven, lower heat to 350°F and bake another 15 minutes.
7. Remove pan from the oven. Pierce popovers with a knife to allow steam to escape and remove from the tins. Serve immediately.



<https://ericasrecipes.com/garlic-parmesan-popovers/>

Library Resources

The Complete Modern Pantry by America's Test Kitchen – 641.3 AME

Garlic, Olive Oil + Everything Mediterranean by Daen Lia – 641.5918 LIA

Lidia's the art of pasta by Lidia Bastianich – 641.82 BAS

Milk Street: The World in a Skillet by Christopher Kimball – 641.5918 KIM

The Shortcut Cook All in One by Rosie Reynolds – 641.82 REY

Super-Italian by Giada De Laurentis – 641.5945 DEL

Vegetables Illustrated by America's Test Kitchen – 641.65 VEG

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