

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.

Garlic powder has its roots in ancient civilizations like Egypt, where garlic was used for both culinary and medicinal purposes. The process of dehydrating and grinding garlic into a powder form became popular as a convenient way to preserve and transport this valuable ingredient. Today, garlic powder is produced worldwide and remains a popular seasoning in many cuisines.

Garlic powder is a popular seasoning made from dehydrated and finely ground garlic cloves. With its pungent and savory taste, it's a staple in many kitchens around the world. Garlic powder is praised for its convenience and long shelf life, making it an excellent alternative to fresh garlic in various recipes.

Garlic powder is a healthy ingredient, as it retains many of the nutritional properties of fresh garlic. It's low in calories and contains essential nutrients such as vitamins C and B6, manganese, and selenium. Additionally, garlic powder is a source of powerful antioxidants and compounds that promote overall health.

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

Avocado Ranch Dip (6 servings)

- 2 large ripe avocados, pitted
- ½ cup plain Greek yogurt
- ¼ cup chopped parsley
- ¼ cup chopped dill
- 2 Tbsp. chopped chives
- 1 Tbsp. lemon juice
- 1 tsp. kosher salt
- ½ tsp. black pepper
- ½ tsp. garlic powder
- ¼ tsp. onion powder
- Chips for serving

1. In a food processor or blender, add the avocado, Greek yogurt, parsley, dill, chives, lemon juice, salt, pepper, garlic powder, and onion powder. Blend until creamy and smooth. You might have to scrape down the sides and blend again.
2. Scrape and dip into a bowl and serve with chips.

<https://www.twopeasandtheirpod.com/avocado-ranch-dip/>



Mediterranean Zucchini Pasta Salad (6 servings)

For the dressing

- ¼ cup olive oil
- 2 Tbsp. red wine vinegar
- 1 Tbsp. fresh lemon juice
- 1 tsp. dried oregano
- ½ tsp. dried parsley
- ½ tsp. garlic powder
- 1 tsp. Dijon mustard
- Salt and pepper, to taste

For the salad

- 2 medium zucchini
- ½ small red onion, thinly sliced
- 1 14-ounce can quartered artichoke hearts, drained
- ½ cup halved pitted Kalamata olives
- 1 (15 oz.) can chickpeas, drained and rinsed
- ½ cup crumbled feta cheese, optional
- 2 cup baby spinach
- 1 cup cherry tomatoes, halved

1. Make the dress. In a medium bowl, whisk together the olive oil, vinegar, lemon juice, oregano, parsley, garlic powder, and mustard. Taste and season with salt and pepper.



2. Make the salad. Slice the zucchini halfway through lengthwise, being careful not to pierce through the center. Spiralize the zucchini and put them in a large bowl. Add the sliced onion, artichoke hearts, olives, chickpeas, feta (if using), spinach and tomatoes to the bowl.
3. Pour the dressing over the salad and toss well to combine. Serve immediately or refrigerate until ready to serve.

<https://www.twopeasandtheirpod.com/mediterranean-zucchini-pasta-salad/>

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/>

Mexican Cheese Street Corn Dip (6-8 servings)

- 1 large Vienna bread loaf
 - 3 corn cobs, peeled
 - 1 cup whole egg mayonnaise
 - 1 cup sour cream
 - ¼ cup finely chopped pickled jalapenos
 - 1 tsp. finely grated lime zest
 - 1 ½ tsp. garlic powder
 - 3 tsp. tabasco green pepper sauce (optional)
 - 3 green onions, finely chopped, plus extra to serve
 - 2 cup Mexican cheese, divided
 - Chipotle salsa, chopped coriander & corn chips, to serve
1. Preheat oven to 400F.
 2. Using a serrated knife, cut the top off the Vienna loaf. Cut the top into large pieces. Pull away the soft bread from inside, leaving about ½ inch thick shell. Tear bread pieces into chunks.
 3. Place hollowed loaf and bread pieces on a large oven tray. Spray or drizzle with oil. Bake for 10 minutes, until golden and crisp. Remove bread pieces to the side.
 4. Mean while, cook corn in boiling water for 3 minutes. Drain. When cool enough to handle remove kernels with a sharp knife.



5. Combine mayonnaise, sour cream, jalapenos, zest, garlic powder and tabasco (if using) in a saucepan over medium-low heat and cook until smooth and hot. Stir in green onions, corn kernels and 1 ½ cups of the Mexican cheese.
6. Fill loaf with hot dip. Sprinkle with remaining Mexican cheese. Cook under a hot grill for 3 minutes or until cheese is golden and melted.
7. Serve with reserved crisp bread and corn ships, chipotle salsa and sprinkle of coriander.
8. NOTE: To make Chipotle Salsa: Combine ¼ cup chilies in adobo sauce, 1 can (210 grams) diced tomatoes, 2 large tomatoes (finely chopped), 1 small white onion finely chopped, ½ tsp. ground cumin, 2 Tbsp. lime juice, 1 finely chopped green chili and 2 tbsp. chopped coriander. Season with salt and pepper.

<https://myfoodbook.com.au/recipes/show/mexican-cheesy-street-corn-dip>

Viral Hot Girl Summer Salad (TikTok Recipe) – 4 servings

- 2 cucumbers, peeled and diced
- 2 green bell peppers, diced
- ½ red onion, finely diced
- 4 hard boiled eggs, peeled and chopped
- ¾ cup zesty Italian dressing
- ½ cup sliced pepperoncini peppers
- ¼ cup roasted sunflower kernels
- ½ tsp. garlic powder
- ½ tsp. paprika
- ¼ tsp. ground black pepper

1. Chop the cucumbers, bell peppers, onion, and eggs and add to a large bowl.
2. Add the dressing, pepperoncini peppers, sunflower kernels, garlic powder, paprika and ground black pepper and toss until evenly combined.



<https://www.sugarandsoul.co/hot-girl-summer-salad/>

Garlic Herb Roasted Vegetables

- 1 large red onion, sliced
- 3 large carrots, chopped
- 2 crowns broccoli, chopped into florets
- 2 medium-sized yellow squash, chopped
- 1 zucchini squash, chopped
- 1 red bell pepper, cut into match sticks
- 6 Tbsp. avocado oil, divided
- 1 Tbsp. dried herbs of choice*
- ½ tsp. garlic powder
- 1 tsp. sea salt, to taste
- 4 large cloves fresh garlic, finely minced

1. Preheat the oven to 425F.



2. Mix 4 tablespoons of the avocado oil with the dried herbs, garlic powder and sea salt until well-combined.
3. Chop the vegetables and transfer them to a large mixing bowl. Pour the avocado oil-herb mixture over the vegetables and toss until the vegetables are well coated in oil and seasoning.
4. Spread the vegetables evenly over two large baking sheets, keeping the vegetables in a single layer (it's okay if they overlap a little bit, but for best results, avoid them stacking on top of each other).
5. Bake in the preheated oven for 20 minutes.
6. While the vegetables are roasting, stir together the remaining two tablespoons of avocado oil with the garlic. Pour half of this mixture over each baking sheet and give the vegetables a stir.
7. Put the vegetables back into the oven and bake 8 -10 min., or until veggies reach desired doneness.
8. Serve with our choice of entrée and enjoy!
9. NOTE: If after the first 20 minutes, the broccoli is looking a bit charred, pull just the broccoli off of the baking sheet and re-incorporate it into the roasted vegetables after they have finished baking.
10. *Use 1 tsp. of dried basil, 1 tsp. of dried parsley, and 1 tsp. of dried oregano. You can also go with 1 Tbsp. of Italian seasoning or Herbs de Provence.

<https://www.theroastedroot.net/garlic-herb-roasted-vegetables/>

The Best Black Beans (4 servings)

- 1 (15 oz.) can black beans
- 1 (4 oz.) can green chiles, diced
- ¼ cup. Onion, diced
- 1 tsp. garlic powder
- ¼ tsp. cayenne pepper
- Salt and pepper, to taste
- 1 to 2 Tbsp. cilantro, chopped



1. Combine the black beans (do not drain them), green chiles, onion, garlic powder and cayenne pepper in a small pot over medium heat. Stir and bring to a gently boil then reduce heat and simmer for 5-7 minutes.
2. Taste and season with salt and pepper to your preference. Just before serving stir in the chopped cilantro.

<https://iwashyoudry.com/the-best-black-beans/>

Slow-Cooker Chile Con Queso (8-10 servings)

- 1 lb. ground beef
- 3 Tbsp. chili powder
- 1 tsp. garlic powder
- 1 (32 oz.) block processed cheese, such as Velveeta, cubed
- 1 (16 oz.) jar salsa
- Tortilla chips, for serving



1. Brown the beef in a large skillet over medium-high heat, 10-15 minutes. Add the chili powder and garlic powder and stir to combine. Add ¼ cup water and let simmer until evaporated.
2. Transfer the beef to a slow cooker. Stir in the cheese and salsa. Cover and let cook on high until melted, about 1 hours. Serve with tortilla chips.

<https://www.foodnetwork.com/recipes/katie-lee/slow-cooker-chile-con-queso-2702887>

Homemade Ranch Dressing Mix (Makes 2 cups)

Mix

- ¾ cup dried parsley flakes
- ¼ cup garlic salt
- 7 Tbsp. Parmesan cheese (fresh or shelf-stable)
- 6 Tbsp. onion powder
- 2 Tbsp. garlic powder
- 2 Tbsp. black pepper
- 1 Tbsp. dried dill weed

Dressing

- ¾ cup sour cream
- ¾ cup buttermilk
- ½ cup mayonnaise
- ¼ cup fresh lemon juice
- 3 Tbsp. Homemade Ranch Dressing Mix



Mix Instructions

1. Mix parsley, garlic salt, Parmesan, Onion powder, garlic powder, pepper and dill in a bowl until well combined.
2. Store in an airtight container – in the fridge for fresh cheese or in the pantry for shelf-stable cheese.

Dressing Instructions

1. Combine sour cream, buttermilk, mayo, lemon juice, and ranch mix in a medium bowl until combined and smooth. Makes 2 cups of dressing. Store in an airtight container in the fridge.
2. NOTE: 2 Tbsp. of homemade ranch mix – 1 ounce packet store-bought mix

<https://breadboozebacon.com/moms-homemade-ranch-dressing-mix/>

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. In a bowl, mix together 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.
 6. Put loaf onto baking sheet.



7. 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.
8. NOTE: You can use fresh garlic with this. One or two cloves will work. Just make sure it is finely minced.

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

Garlic Parmesan Crisps (16 crisps)

- 1 cup shredded Parmesan Cheese
 - ½ tsp. garlic powder
 - ½ tsp. fresh cracked pepper
1. Preheat the oven to 400F.
 2. Line a baking sheet with parchment paper.
 3. In a bowl, combine the shredded Parmesan cheese, garlic powder, and cracked pepper. Stir well to combine.
 4. Drop 1 tablespoon of the mixture at a time onto the prepared baking sheet, about 6 to each baking sheet.
 5. Make sure the mixture is spread out and not too thick in the middle.
 6. Bake in the preheated oven for 5 minutes. The edges should be golden brown.
 7. Let them cool for 5-10 minutes until they're easily picked up.



<https://greensnchocolate.com/garlic-parmesan-crisps/>

Cheese Ball Recipe

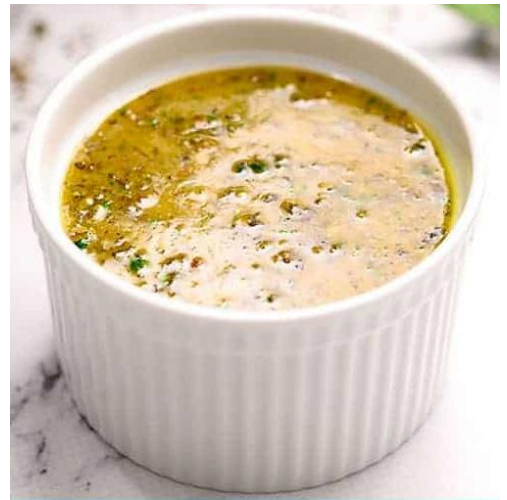
- 8 oz. cream cheese
 - ½ tsp. garlic powder – heaping
 - ½ tsp. onion powder – heaping
 - ½ tsp. seasoned salt
 - 1/8 tsp. cayenne pepper
 - 1 ½ tsp. Worcestershire sauce
 - ½ tsp. hot sauce – buffalo or other
 - 1 cup sharp cheddar cheese – finely shredded
 - ½ cup nuts (walnuts, pecans or almonds), finely chopped
1. In a medium size mixing bowl (or in the bowl of a stand mixer), mix the cream cheese and seasonings until smooth. Sprinkle in the cheddar cheese and mix until just combined.
 2. Roll the mixture into a round ball (you can lightly coat your hands with cooking spray if that makes it easier, but because the ball is cold it shouldn't be too much of an issue).
 3. Place the chopped nuts into a standard size bowl and roll to cover the ball entirely. You may need to pat some of the nuts into the areas that aren't covered. Cover the cheese ball in plastic wrap and refrigerate until ready to serve.



<https://lifemadesimplebakes.com/classic-cheese-ball-4/>

Garlic & Herb Vinaigrette Dressing (14 servings)

- 1/3 cup extra virgin olive oil
- 1/3 cup red wine vinegar
- 1 Tbsp. honey
- 2 tsp. Dijon mustard
- 1 ½ tsp. garlic powder
- 1 tsp. dried basil leaves
- 1 tsp. dried oregano leaves
- 1 tsp. dried parsley leaves
- 1 tsp. salt
- ½ tsp. ground black pepper



1. Add all of the ingredients to a mason jar with a lid, or any small sealable container.
2. Seal and shake until well combined.
3. Store in the refrigerator until ready to serve drizzled over salad.
4. Shake well before serving.
5. NOTE: After the dressing has been refrigerated, it will become thick. Let it come to room temperature for a few minutes before serving, or run the sealed container under some warm water for a few seconds to loosen it up.

<https://www.thewholesomedish.com/garlic-and-herb-vinaigrette-dressing/>

Garlic Lime Vinaigrette Salad Dressing (8 servings)

- 6 Tbsp. lime juice (juice from 3 limes)
- 6 Tbsp. lime zest (zest from 1 lime)
- ¾ cup olive oil
- 3 tsp. garlic powder
- ¼ tsp. cumin
- 2 tsp. salt
- 2 tsp. pepper



Mix all ingredients together in a mason jar with a lid. Shake until well combined. Store in the fridge for up to 2 weeks.

<https://www.midgetmomma.com/garlic-lime-vinaigrette-salad-dressing/>

Library Resources

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

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

Vegetables Illustrated by America's Test Kitchen – 641.65 VEG

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