



Cooking Well: Garlic: Over 100 Healthy Recipes

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Cooking Well: Garlic: Over 100 Healthy Recipes Enjoy the Healing Power of Garlic

Throughout history, garlic has been used for its unique flavor as well as for its many healing properties including its ability to act as an anti-inflammatory and antibiotic, to lower cholesterol, and to maintain blood pressure. Now, with the recipes in *Cooking Well: Garlic*, you can harness the health benefits of garlic in tasty and easy-to-prepare meals for you and your family.

Cooking Well: Garlic has over 100 quick and easy recipes including Garlic Bean Soup, Shrimp Scampi, Chicken Breast with Garlic Cloves, Bow Tie Pasta with Roasted Garlic and Eggplant, Sugar Snap Peas with Garlic, and more.

Cooking Well: Garlic also includes:

- An overview of garlic's historical and current medicinal uses
- A guide to growing, harvesting, and storing your own garlic
- Cooking tips for preserving the many health benefits of garlic

Whether you're looking to improve your health, or just want to savor the delicious taste of garlic, *Cooking Well: Garlic* is the perfect resource for enjoying this miraculous herb.

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