

Gilroy, Calif., is known as the Garlic Capital of the World.

Souper Bowl

This satisfying Tuscan-inspired soup offers the benefits of garlic as well as two additional alliums: onions and shallots. Roasting the garlic delivers a mellow flavor ideal for people who dislike garlic's pungent taste.

Roasted Garlic and White Bean Soup

Makes 6 servings

Ingredients

- 2 large heads of garlic
- 2 tbsp olive oil, divided
- 1 large onion, chopped
- 1 large shallot, finely chopped
- 3 stalks celery, finely chopped
- 2 (15-oz) cans cannellini beans, drained and thoroughly rinsed
- 4 cups low-sodium chicken stock
- freshly ground pepper
- ¼ tsp sea salt
- 2 tsp fresh thyme, finely chopped, with additional sprigs for garnish
- ½ cup half-and-half

Directions

1. Preheat oven to 400°F. Remove most of the papery layers from the 2 garlic heads, leaving heads intact and cloves connected. With a sharp knife, trim ¼ inch off the top of the head, exposing part of the cloves. Drizzle 1 tsp of olive oil over each head. Wrap garlic heads in aluminum foil and place on a cookie sheet. Roast

35–40 minutes or until tender. Let cool slightly. Extract the garlic from its papery shell by pressing on the bottom of the head, under each clove. Set garlic aside.

2. Heat a heavy-bottom pot over medium-high heat. Add remaining olive oil, onion, and shallot. Cook, stirring, until onion starts to brown and caramelize. Add celery and cook 5 more minutes. Add roasted garlic, beans, chicken stock, pepper, salt, and chopped thyme. Bring soup to a simmer and cook 10 minutes until ingredients are soft.
3. Using an immersion blender or food processor, purée soup until smooth and return it to the pot. Add half-and-half, and warm gently over low heat. Garnish with sprigs of thyme and serve.

Per serving

220 calories, 14 g protein, 35 g carbohydrate, 4 g fat (2 g saturated fat), 7 mg cholesterol, 7 g fiber, 2 g sugar, 188 mg sodium. Calories from fat: 15%

BREAKFAST 411



GREAT GRAINS

You know oatmeal is a good breakfast—rich in soluble fiber and a great way to fill you up and keep your blood sugar stable. But if you're looking to mix things up, a host of other whole grains are ready and waiting. "There are so many different grains with such different textures and flavors that most people forget about or don't think to eat for breakfast,"

says Eden Grinshpan, host of *Eden Eats* on the Cooking Channel. Grains offer lots of variety—farro, bulgur, quinoa, millet, and wheat berries are some of Grinshpan's favorites. For a savory spin on the morning meal, she makes a farro and bulgur salad with olive oil, lemon, salt, and chopped nuts and tops it with a poached egg and fresh herbs. For something on the sweeter (but not too sweet) side, she likes quinoa porridge cooked with milk for extra protein and served with honey, cinnamon, and nuts. Or she'll fold crunchy cooked millet into banana-coconut muffins. Make at least half of your grains whole, according to official dietary guidelines.

And getting them in at breakfast puts you on the right track, starting your day with a helping of fiber, minerals, and B vitamins.

—Kerri-Ann Jennings

Garlic has been used throughout history to prevent bacterial infection.

Garlic was introduced to the United States in the 1700s.

