



**Yield: 48 servings**

### **Ingredients**

1 cup extra virgin olive oil

1 tablespoon peeled and  
smashed garlic cloves



## **Garlic Infused Oil**

### **Instructions**

1. Place oil and garlic in a small pot. Heat on medium-high heat until the oil is warm. About 240 degrees. If oil is smoking, it is too hot.
2. Cook on low heat for about 10 minutes. The garlic will brown but make sure it does not burn.
3. Remove the pot from the heat and let the oil cool for an hour.
4. Strain garlic oil into a clear glass jar using a mesh strainer or cheesecloth. Make sure to remove all pieces of garlic from the oil.
5. Seal jar and store in the refrigerator.



Presented by  
**Culinary Medicine**

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### **Nutrition Information** Serving Size: 1 teaspoon

Calories: 40 | Total Fat: 4.5 g | Saturated Fat: 0.6 g | Monounsaturated Fat: 3 g | Polyunsaturated Fat: 0.5 g  
Sodium: 0 mg | Total Carbohydrate: 0 g | Dietary Fiber: 0 g | Sugars: 0 g | Protein: 0 g

Source: Adapted from Health Meets Food