

## **The best way to prepare garlic**

Garlic lovers rejoice. Here's some good news for your heart and your breath.

Lightly cooking garlic to help soften the smell won't rob it of those heart-protective compounds known as thiosulfinates. So you can cut back on the mints and start feeling better about baking, boiling, or sautéing it. Just don't microwave it. Wondering why?

### **Get a Crush on Garlic**

When researchers set out to see how various preparation methods affected garlic's ability to break up clusters of artery-clogging platelets in the bloodstream, they tried boiling, baking, and microwaving both crushed and uncrushed garlic cloves. Lightly cooked crushed garlic aced the test -- as long as it wasn't cooked in the microwave. This cooking method sapped the garlic of all its good-for-you attributes. No matter how you serve it up, always crush garlic first. Crushing the cloves is what releases the beneficial thiosulfinates in the first place.

\*courtesy of Yahoo! Health