Wilted Watercress with Roasted Garlic  
Members of the humble allium family, such as garlic, contain the active constituent allicin, which has incredibly powerful anti-inflammatory and anti-bacterial properties.  
  
Ingredients  
12 cloves garlic, peeled  
4 Tbsp olive oil, divided  
4 bunches or bags of watercress cut into 3" pieces  
chili flake (optional)  
  
Preparation  
1. Preheat oven to 400°F.  
2. Place garlic on foil, drizzle with 1 tbsp oil.  
3. Wrap garlic in foil, roast until soft, about 20 minutes.  
4. Heat remaining 3 tbsp oil in large pot over medium-high heat. Add watercress and garlic with oil from foil packet.  
5. Sauté until watercress is wilted, about 2 minutes.  
6. Season with salt and pepper.  
7. Transfer watercress to bowl and serve.