

ROASTED “POTATOES” ACTUALLY, IT’S A RADISH!

By Dr. Cindy Tanzar
(Standard)

Ok, you’re going to have to trust me on this one... I just needed to get your attention with “potatoes.” I know radishes are not the most popular vegetable, but something wonderful happens to them when they are roasted. They take on the texture of a roasted potato and have a very mild flavor. They are the closest thing to a potato you can get on a lower carb plan. So, stretch your sense of adventure in the kitchen and definitely give them a try. You can serve them with melted butter after roasting, as well. Every bunch of radishes is different.

So, you can have 2-4 servings in the recipe. One serving equals one cup cooked vegetable. For two servings, your fat is covered; if four, add an extra ½ Tbs. fat to your meal.



INGREDIENTS

2 Bunches small to medium radishes (about 20) trimmed and halved
2 Tbs virgin coconut or avocado oil
Pink Himalayan salt & black pepper, to taste
Sprinkle with fresh or dried thyme, optional



INSTRUCTIONS

Preheat oven to 400°F. Line a rimmed cookie sheet with foil. Place radishes on the pan and drizzle with oil, salt, pepper and thyme.

Roast for 40-50 minutes, or until golden and crisp, tossing the radishes after 20 minutes.

IF YOU'RE ON MAINTENANCE...

Sprinkle parmesan cheese on top and roast another 5 minutes.