

ROASTED “POTATOES”

By Dr. Cindy Tanzar

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.

Makes 4 servings.



INGREDIENTS

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

INSTRUCTIONS

1. 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.
2. Roast for 40-50 minutes, or until golden and crisp, tossing the radishes after 20 minutes.
3. Sprinkle parmesan cheese on top and roast another 5 minutes.