
Roasted Jerusalem Artichokes



Servings: 4

1. Preheat oven to 425°F. Peel the Jerusalem artichokes. If you have one, use a swivel potato peeler to remove the skins. Cut larger ones in half - you want them all in a uniform size as best you can.
2. Place them on a parchment or Silpat lined baking sheet and toss with the oil, then season with salt and pepper.
3. Bake for 33-38 minutes, approximately, until the outsides begin to turn golden brown. Remove from oven and serve immediately. If serving leftovers, reheat them in a 400°F oven for about 6-8 minutes to re-crisp the outside edges. A pound of these will barely serve 4 in small portions.

1 pound Jerusalem artichokes
1 tablespoon avocado oil, or EVOO
salt and pepper to taste

Per Serving (excluding unknown items): 116 Calories; 3g Fat (25.8% calories from fat); 2g Protein; 20g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 5mg Sodium. Exchanges: 3 1/2 Vegetable; 1/2 Fat.

Carolyn T's Blog: tastingspoons.com