WEIGHT ANO MORE DIET CENTER

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SALT-and-VINEGAR ROASTED RADISHES

Basic Lifestyle

INGREDIENTS

1 pound small radishes with greens attached (about 2 bunches)*

*Note: If your radishes come without greens, use 5 cups baby kale instead.

- 2 TBS extra-virgin olive oil, divided
- 1 TBS malt vinegar
- 1/4 TSP flaky sea salt, such as Maldon

INSTRUCTIONS

-Preheat oven to 375°F.

—Cut greens off radishes and trim the stems. Wash and dry the greens and radishes separately. Toss the radishes with 1 TBS oil and spread on a large rimmed baking sheet. Roast, stirring once, for 20 minutes.

—Toss the greens with the remaining 1 TBS oil. After 20 minutes, add the greens to the pan and continue roasting until the radishes are tender and the greens are wilted, about 5 minutes more. Transfer to a serving dish. Drizzle with vinegar and sprinkle with salt; toss to coat.

SERVING INFO: (Yields 5 servings):

 $\frac{1}{2}$ cup = 1 V

See photo of recipe at Instagram and Facebook.