

Crispy Roasted Sunchoke with Creamy Lemon-Yogurt Dip

Makes 2 to 4 servings

Roasting sunchoke brings out their natural sweetness and nutty flavor. Your child can help by coating the sunchoke in the oil and spices and making the dip.

Ingredients

For the roasted sunchoke

- 1 pound sunchoke, scrubbed and cut into 1-inch chunks
- 2 tablespoons olive or vegetable oil
- ½ teaspoon salt
- ½ teaspoon cumin or spices of your choice

For the yogurt dip

- ½ cup low-fat plain Greek yogurt
- 1 tablespoon lemon juice
- ¼ teaspoon salt
- ¼ teaspoon garlic powder
- ¼ teaspoon paprika or chile powder (optional)



Photo: Babaganosh

Directions

1. Heat the oven to 400 degrees F.
2. While the oven is heating, make the yogurt dip: In a small bowl, combine all of the dip ingredients. Mix until smooth and set aside.
3. In a large bowl, mix together the sunchoke pieces, oil, salt, and spices. Spread in a single layer on a baking sheet.
4. Bake the sunchoke until they start to brown, about 12 minutes. Remove the pan from the oven, toss the sunchoke pieces, then bake until they are golden brown and soft, 10-15 more minutes.
5. Remove the pan from the oven and let the sunchoke cool for 5 minutes. Serve warm with the yogurt dip.

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