

Roasted Radishes & Leeks with Thyme

http://www.eatingwell.com/recipes/roasted_radishes_leeks_thyme.html

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Radishes become sweet and tender when roasted in a hot oven in this easy radish recipe. If the roasting doesn't mellow the bite of the radish enough, stir in a sprinkle of sugar or honey along with the butter and thyme.

4 servings | **Active Time:** 20 minutes | **Total Time:** 30 minutes

Ingredients

- 2 bunches radishes (about 1 pound), halved if small, quartered if large
- 1 tablespoon extra-virgin olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1 large leek, white and light green part only, halved and thinly sliced
- 1 tablespoon butter
- 1 teaspoon finely chopped fresh thyme or 1/4 teaspoon dried

Preparation

1. Preheat oven to 450°F.
2. Combine radishes, oil, salt and pepper in a large roasting pan.
3. Roast for 10 minutes. Stir in leek. Continue roasting until the radishes are lightly browned and tender, 10 to 15 minutes more. Stir in butter and thyme; serve warm.

Nutrition

Per serving : 89 Calories; 7 g Fat; 2 g Sat; 3 g Mono; 8 mg Cholesterol; 7 g Carbohydrates; 1 g Protein; 2 g Fiber; 340 mg Sodium; 308 mg Potassium

1/2 Carbohydrate Serving

Exchanges: 1 1/2 vegetable, 1 fat

