

Oven Caramelized Jerusalem Artichokes

Jerusalem artichokes are a very versatile tuber vegetable. While they can be eaten cooked or raw, enjoy them here in this easy and tasty dish.

Makes: 4 Servings
 Prep Time: 60 minutes
 Cook Time: 45 minutes

Source:
https://www.canr.msu.edu/news/jerusalem_artichokes_tasty_and_versatile

Ingredients

- 2 pounds Jerusalem artichokes
- 2 teaspoons lemon juice
- 1/4 cup olive oil
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper

Directions

1. Rinse the Jerusalem artichokes under running water and rub to remove any obvious surface grit.
2. Put the artichokes in a large bowl, add enough cold water to cover and add lemon juice. Let the Jerusalem artichokes soak for about 45 minutes.
3. Scrub the soaked artichokes with a vegetable brush to remove any loosened dirt. Trim 1/8 inch off the cut end and the tips of any nodules that appear rough or "dirty." Cut each artichoke in half lengthwise and return to the cold water/lemon bath.
4. Preheat oven to 350 degrees Fahrenheit.
5. In a large bowl, whisk together the olive oil, kosher salt and freshly ground black pepper. Drain the artichokes, dry them with a towel and add them to the olive oil mixture. Toss to coat completely and dump the entire contents of the bowl onto a large baking sheet, turning each artichoke cut side down. Roast for 45 minutes on the center rack of the oven.
6. When done, let them cool for a couple of minutes and then use a metal pancake turner to transfer to a serving platter.



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 1/2 cup	
Nutrients	Amount
Calories:	242
Total Fat:	14g
Saturated Fat:	2g
Cholesterol:	0mg
Sodium:	641mg
Total Carbohydrates:	31g
Dietary Fiber:	9g
Total Sugars:	13g
Added Sugars:	0g
Protein	5g

Utensils Needed

- Sharp knife
- Cutting board
- Large bowl
- Measuring spoons
- Measuring cups
- Mixing spoon
- Vegetable brush
- Large baking sheet



SHOPPING LIST

Average total cost without oil and seasonings: \$7.57

Average cost/serving: \$1.89

Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Jerusalem Artichokes, 2 lb. or
2- 14 oz. cans



Add 1 to Cart
Lemon, 1 large

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- Serve alone as you would with roasted potatoes or with your favorite dipping sauce.

Similar Recipes

- Apricot and Lemon Chicken

