

Roasted Jerusalem Artichoke Stacks

Stacks of Jerusalem Artichokes roasted with garlic and thyme then gratinated! An easy jerusalem artichoke recipe.

Makes: 12 Servings
 Prep Time: 15 minutes
 Cook Time: 50 minutes

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

Ingredients

- 1 lb. of Jerusalem artichokes
- olive oil
- 1 clove of garlic
- 1/2 tsp of fresh thyme or to taste
- 1/3 cup of grated parmesan cheese + extra for gratinating
- 3/4 cup of bread crumbs, those like panko are good, but plain will do
- 3 tbsps of butter
- salt and pepper

Directions

1. Pre-heat the oven to 350F.
2. Wash the Jerusalem artichokes. Slice the Jerusalem artichokes into 1/8 inch thick slices.
3. Peel the garlic and chop it finely.
4. Place the sliced Jerusalem artichokes into a large bowl with the garlic. Drizzle with enough olive oil to coat the slices. Add the thyme. Mix well.
5. Sprinkle the cheese over the mixture and toss making sure the cheese is well distributed.
6. Season with salt and pepper.
7. Spray a 12 hole muffin pan with nonstick spray. Stack the slices up in the muffin holes, distributing the slices evenly across the pan. Cover the muffin pan with aluminum foil.



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 1 stack	
Nutrients	Amount
Calories:	93
Total Fat:	4g
Saturated Fat:	2g
Cholesterol:	10mg
Sodium:	107mg
Total Carbohydrates:	12g
Dietary Fiber:	1g
Total Sugars:	4g
Added Sugars:	0g
Protein	3g

Utensils Needed

- Sharp knife
- Cutting board
- Large bowl
- Measuring spoons
- Measuring cups
- Mixing spoon
- Muffin pan
- Frying pan



Directions Continued

- Bake the jerusalem artichoke stacks for 35-40 minutes or until they are soft and tender.
- While the jerusalem artichokes bake, melt 3 tbsp of butter over medium heat in a large frying pan. When the butter is melted and no longer foaming, add the bread crumbs and toss or stir until all the butter is absorbed. Cook the bread crumbs, tossing often, for another minute. Do not brown the bread crumbs. Pour the bread crumbs in a bowl and set aside to cool.
- When the Jerusalem artichokes are done cooking, remove the foil. Increase the temperature of the oven to 400F.
- Spoon the buttered bread crumbs over the stacks in each muffin pan hole. Add a sprinkling of parmesan over the bread crumbs.
- Bake the Jerusalem artichokes another 10 minutes until the bread crumbs are brown, the cheese is melted and the stacks are heated through.

SHOPPING LIST

Average total cost without oil and seasonings: \$12.72

Average cost/serving: \$1.06

Makes: 12 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, 1 lb. or
1- 14 oz. can



Add 1 to Cart
Garlic, 1 bulb



Add 1 to Cart
Parmesan cheese



Add 1 to Cart
Breadcrumbs

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- Are you having trouble finding fresh artichokes? Canned artichokes can be roasted as well. It's a great way to improve their flavor and texture!

