

These earthy, nutty tasting tubers hail from the sunflower family and are native to North America. They are rich in potassium and inulin, an indigestible form of carbohydrate that doesn't digest as sugar and is considered food for beneficial bacteria in the gut. Word of caution though- sunchokes might produce gas! Sunchokes lend themselves well to being steamed, sautéed, mashed, roasted, turned into soups or eaten raw.

Roasted Sunchokes

Serves 4

1 pound sunchokes, scrubbed and sliced about ¼ inch thick
1-2 tablespoons olive oil
½ teaspoon sea salt
1 sprig fresh rosemary, leaves removed

1. Place a sheet pan in the oven and heat to 375 degrees. In a large bowl, toss sunchokes, oil, salt, and rosemary together until evenly coated.

2. Using a pot holder carefully remove the pan and spread sliced sunchokes out in a single layer. Return to oven and roast until tender, 20-25 minutes.

Celery, Sunchoke, and Apple Salad

Serves 6-8

½ cup extra-virgin olive oil
2 tbsp. rice vinegar
2 tbsp. fresh lemon juice
¼ teaspoon sea salt
ground pepper to taste
8 radishes, trimmed and very thinly sliced
6 sunchokes, peeled and very thinly sliced
2 gala or fuji apples, cored and very thinly sliced
6 stalks celery, trimmed and thinly sliced

1. In a bowl, whisk together oil, vinegar, lemon juice, to make a smooth vinaigrette. Season vinaigrette with salt and pepper to taste.

2. Add radishes, sunchokes, apples, and celery. Toss well, cover, and refrigerate for at least 30 minutes or up to 1 day, to allow the flavors to come together. Season with salt and pepper before serving.

