

Rosemary Vegetables, Jerusalem Artichoke Purée, with a Lemon Sauce



This side dish recipe combines roasted vegetables and a Jerusalem artichoke purée, enhanced with a lemon-infused yogurt sauce. Not only is this dish delicious, but it's also ideal for intestinal health. Simple and elegant, this accompaniment promises to enchant your meals while taking care of your digestive health.

Jerusalem artichoke is a tuber rich in inulin, a prebiotic fibre that promotes optimal digestive health by aiding the growth of good bacteria (probiotics) in the colon. Try this recipe with fish for enhanced benefits to your gut bacteria and well-being!

Preparation 20 min

Cooking 30 min

Servings 4

Nutrition Facts (per serving)

Calories 230

Fat 6

Carbohydrates 37

Fibre 5

Protein 9

Sodium 370

Ingredients

- 450 g (1 lb) Jerusalem artichokes, peeled and cut into small pieces
- 80 ml (? cup) unsweetened soy milk (or milk)
- 30 ml (2 tbsp) cheese (Parmesan, feta, or cream cheese)
- Pepper and salt, to taste

Yogurt Sauce:

- 125 ml (½ cup) 0% plain Greek yogurt
- ½ lemon (zest and juice)
- 1 ml (¼ tsp) onion powder
- 1 ml (¼ tsp) garlic powder
- Pepper and salt, to taste

Roasted Vegetables:

- 4 medium carrots, washed and sliced
- 1 sweet potato, diced
- 1 onion, sliced
- 7 mini bell peppers, halved (or 1 large bell pepper, diced)
- 20 ml (1 tbsp + 1 tsp) olive oil, divided
- 7 ml (½ tbsp) honey
- 1 sprig of fresh rosemary (or 7 ml (½ tbsp) dried rosemary)
- Pepper and salt, to taste
- 1 whole garlic head

Preparation

1. Preheat the oven to 400°F (200°C).
2. In a pot of boiling water, blanch the carrots for 2 minutes. Remove, rinse under cold water, and set aside in a large bowl.
3. In the same pot, cook the Jerusalem artichokes for 20-25 minutes.
4. Meanwhile, add the vegetables (except garlic) to the bowl with the carrots, add 15 ml of oil and seasonings. Spread the vegetables on a baking sheet lined with parchment paper. Cut the top off the garlic head and place it on the tray with the other vegetables, drizzle 5 ml of oil on the garlic, and roast everything for 25-30 minutes.
5. Meanwhile, in a small bowl, prepare the yogurt sauce by mixing all the ingredients. Set aside.
6. Once the Jerusalem artichokes are cooked, purée them in a blender with soy milk, cheese, salt, and pepper.
7. To serve: Pour the Jerusalem artichoke purée onto a large plate and make a well in the center. Then place the vegetables in the center and serve with a generous portion of yogurt sauce and a protein such as fish.

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Keeps for 3 to 5 days in the refrigerator in an airtight container.



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