

Roasted Radishes with Creamy Sauce



Discover radishes in a new light with this simple recipe for roasted radishes paired with a creamy tahini sauce, perfect for summer BBQs. An elegant and flavourful dish that will revolutionize the way you enjoy this seasonal vegetable.

Preparation 10 min

Cooking 17 min

Servings 2

Nutrition Facts (per serving)

Calories 130

Fat 11

Carbohydrates 5

Fibre 1

Protein 2

Sodium 325

Ingredients

- 3 bunches of radishes, washed and halved
- 15 ml (1 tbsp) Italian seasoning
- 15 ml (1 tbsp) olive oil (a bit more for greasing the baking sheet)
- 15 ml (1 tbsp) grated Parmesan

- Pepper, to taste

Tahini Sauce:

- 7.5 ml (½ tbsp) tahini (sesame butter)
- 15 ml (1 tbsp) 0% plain yogurt
- 7.5 ml (½ tbsp) lemon juice
- 7.5 ml (½ tbsp) water
- A pinch of salt

Preparation

1. Preheat the oven to 425°F (220°C) and grease a baking sheet with olive oil.
2. In a medium bowl, toss the radishes with the seasonings.
3. Spread them on the baking sheet and roast for 12 minutes. Use a spatula to stir the radishes and roast for an additional 5 minutes.
4. While the radishes are cooking, mix all the sauce ingredients in a small bowl.
5. Serve the radishes in the centre of the table with the creamy sauce and fresh herbs, if desired.

Notes

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



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