

# RECIPE OF THE WEEK

## Roasted Radishes

### Ingredients

- 2 cups of radishes – cut in halves
- A pinch of black pepper
- Pam spray
- 1 tbsp olive oil
- 1/2 tsp turmeric
- 1/4 tsp Ideal salt or Sea Salt
- 1 tsp minced rosemary
- 1/2 tsp mustard powder



### Preparation

1. Preheat the oven to 425°F
2. Spray a baking sheet with Pam spray
3. Mix all the ingredients in a bowl, and toss well
4. Spread the radishes on the baking sheet in a single layer
5. Roast for 30-40 minutes – make sure to flip occasionally so they cook well
6. Once the radishes become wrinkled and soft, remove from oven
7. Serve and enjoy!

