



SMASHED RADISHES



SERVING SIZE

2



INGREDIENTS

ITEM

Radishes
Olive Oil
Lemon Pepper Seasoning
Salt
Grated Parmesan (Maintenance Only)

QUANTITY

2 Bunches, about 1 lb
½ Tbsp.
1 Tbsp.
½ Tsp.
¼ Cup



PREPARATION

- Set your oven to 400°F (200°C).
- Bring a pot of water to a boil, add radishes, and cook for about 10 minutes until tender. Drain and let them cool slightly.
- Place radishes on a baking sheet lined with parchment paper. Use a fork or the bottom of a glass to gently smash them.
- Drizzle with olive oil, then sprinkle with lemon pepper seasoning and salt.
- Roast in the oven for 20-25 minutes until crispy and golden brown.
- Sprinkle grated parmesan over the radishes in the last 5 minutes of baking.
- Serve & Enjoy!