



PACIFIC COAST  
FARMERS' MARKET  
ASSOCIATION

PCFMA.ORG

## ROASTED SUNCHOKES



Instead of potatoes, roast some sunchokes! They're delicious, nutritious, lower in calories, and slightly sweeter than a potato.



00 HR 50 MINS



Serves 3 to 4



Featuring

[Xiong Farm](#)

[Urban Organics](#)

[Vang Farmers](#)

## INGREDIENTS

- 2 pounds sunchokes, washed, dried, cut into chunks
- 1/4 to 1/2 teaspoon fresh minced garlic
- 2 tablespoons extra virgin olive oil
- 1 teaspoon kosher salt
- 1/4 teaspoon freshly ground pepper
- Optional: sprinkle of fresh rosemary

## METHOD

Preheat oven to 375°F. Cut up sunchokes into chunks and toss with olive oil, salt, pepper, and rosemary.

Brush sheet pan lightly with oil or spray with cooking spray.

Spread sunchokes in a single layer on sheet pan and roast for 35 to 40 minutes until softened and lightly browned.