

Herb-Roasted Radishes with Garlic

Caramelized radishes transform into a surprisingly sweet, low-glycemic side dish that rivals roasted potatoes without the blood sugar spike.

Prep: 10 min

Cook: 25 min

Total: 35 min

Servings: 4

GL 1.3 / GI 15

Ingredients

Low GI (15-20), excellent for blood sugar control fresh globe radishes, stems removed and halved

Healthy fat slows glucose absorption melted ghee or butter

fine sea salt

freshly ground black pepper

Antioxidants without carbs dried herbs (parsley, chives, or dill)

Supports insulin sensitivity garlic cloves, finely minced

Optional garnish fresh herbs or ranch dressing for serving (optional)

Instructions

Step 1

Position your oven rack in the center and preheat to 425°F (220°C). This high temperature is essential for achieving the caramelization that transforms radishes from sharp to sweet.

Step 2

Prepare the radishes by trimming off stems and root ends, then slice each radish in half lengthwise. Pat them dry with paper towels to remove excess moisture, which helps achieve better browning.

Step 3

In a large mixing bowl, combine the halved radishes with melted ghee or butter, salt, black pepper, and your choice of dried herbs. Toss thoroughly until every piece is evenly coated with the seasoned fat. Do not add garlic yet—it will be incorporated during roasting to prevent burning.

Step 4

Arrange the seasoned radishes in a single layer on a large rimmed baking sheet or 9x13-inch baking dish, cut side down when possible. Avoid overcrowding to ensure proper caramelization rather than steaming.

Step 5

Roast for 10 minutes, then remove from oven and add the minced garlic. Toss everything together well, redistributing the radishes in a single layer. Return to oven and continue roasting.

Step 6

After another 10 minutes, toss the radishes once more and roast for a final 5-10 minutes until they're golden brown, tender when pierced with a fork, and caramelized at the edges. Total roasting time is 25-30 minutes.

Step 7

Transfer the roasted radishes to a serving dish and garnish with fresh herbs if desired. For added richness, drizzle with ranch dressing or serve it on the side for dipping. Best enjoyed immediately while hot and crispy on the outside, tender within.