

Herb-Roasted Radishes with Garlic

Transform humble radishes into caramelized, low-glycemic perfection with this simple roasting technique that brings out their natural sweetness without spiking blood sugar.

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, ends trimmed, and halved

Healthy fat slows glucose absorption; ghee is lactose-free melted ghee or butter

fine sea salt

freshly ground black pepper

Mix of herbs adds antioxidants without carbs dried parsley, chives, or dill

Contains allicin which may support insulin sensitivity garlic cloves, finely minced

Optional garnish, adds vitamins and flavor fresh herbs for garnish (parsley, dill, or chives)

Instructions

Step 1

Position your oven rack in the center and preheat to 425°F (220°C). This high temperature is essential for achieving golden caramelization on the radishes while keeping their interiors tender.

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Step 2

Place the halved radishes in a large mixing bowl. Add the melted ghee or butter, dried herbs, salt, and black pepper. Reserve the minced garlic for later to prevent burning.

Step 3

Toss the radishes thoroughly with your hands or a large spoon until every piece is evenly coated with the seasoned fat. This coating helps create a beautiful golden crust during roasting.

Step 4

Arrange the seasoned radishes in a single layer across a 9x13-inch baking dish or rimmed sheet pan. Avoid overcrowding to ensure even browning and caramelization.

Step 5

Roast for 10 minutes, then remove from the oven and add the minced garlic. Toss everything together well so the garlic distributes evenly and infuses the radishes with flavor.

Step 6

Return the dish to the oven and continue roasting for another 15 minutes, stirring once halfway through, until the radishes are deeply golden brown and fork-tender with caramelized edges.

Step 7

Remove from the oven and taste for seasoning, adjusting salt and pepper if needed. Garnish with fresh chopped herbs and serve immediately while hot. For added richness without significantly impacting blood sugar, drizzle with a small amount of ranch dressing made with full-fat dairy or Greek yogurt.