

No Potato Potatoes! (aka Crispy Radishes)

THM-Friendly: FP

Ok - If you don't follow Elyse Myers on Instagram - YOU NEED TO. She is such a sweet, sincere spirit who keeps me laughing constantly. She's been sharing her version of crispy radishes and I was drooling! She mixes hers with a packet of taco seasoning and roasts hers about 45 minutes. She then air fries them until crispy. They look amazing but taco seasoning from a packet usually has added ingredients that are less than ideal. So, here is how I make mine. I boil instead of roast and it is MUCH faster and works better for me.



- 1 bag of radishes (if you get them pre-cleaned, they are SO much faster!)
- Seasonings of choice. I use:
- 1/2 tsp. parsley
- 1 Tbsp. chives
- 1/2 tsp. onion powder
- 1/2 tsp. garlic powder
- 1 tsp. dried dill
- a sprinkle of mineral salt
- a sprinkle of black pepper
- 1 Tbsp. nutritional yeast (this one here is the BEST! [THM Nutritional Yeast](#))
- a small sprinkle of parmesan cheese (the powdered canned kind - don't be fancy here)

Cut your radishes into quarters so they cook more quickly. Boil 10-12 minutes until fork tender. You want a small bit of resistance here. Not mush, but not still crunch at all.

Drain well, and mix in the seasonings. Air fry on 400 for about 11-12 minutes, stirring partway through.

enJOY!

*I serve mine with some Greek Yogurt mixed with Cholula.

