

Jerusalem Artichoke



HOW DO THEY TASTE?

Jerusalem artichokes, also known as sunchokes, are a type of tuber with a slightly sweet and nutty flavor. They have a crunchy texture when raw but become more tender when cooked, similar to potatoes.

HOW DO I PICK THEM?

Choose Jerusalem artichokes that are small and firm. Ensure they do not have any mold or green areas. They have a very knobby appearance, much like ginger root.

HOW DO I STORE THEM?

Wrap Jerusalem artichokes in a paper towel and place them in a plastic bag in the refrigerator for up to a week.

HOW DO I PREPARE THEM?

1. Wash and scrub Jerusalem artichokes under cool running water to make sure all dirt is removed.
2. Chop or slice them according to the recipe. The skin can be left on.



Jerusalem artichokes can be **boiled and mashed**, then topped with a small amount of butter, salt, and pepper. As another option, they can be cut into chunks and **roasted** in the oven, or **thinly sliced and pan-fried** with oil and garlic.

Roasted Jerusalem Artichokes

Ingredients


1 pound Jerusalem artichokes
2 tablespoons olive oil
¼ teaspoon salt
Black pepper, to taste
¼ teaspoon garlic powder

Directions

1. Preheat oven to 400°F and spray or brush baking sheet with olive oil.
2. Scrub Jerusalem artichokes with water to remove dirt. Chop them into 1-inch pieces, leaving the skin on.
3. In a large bowl, combine the chopped Jerusalem artichokes, olive oil, salt, pepper, and garlic powder.
4. Spread them on a baking sheet in a single layer and roast until tender, about 17–20 minutes.




For recipes & information about preparing healthy foods, visit web.uri.edu/SnapEd or call us at 1-877-366-3874.

 Community Nutrition Education RI

 RISNPEd

 URI Nutrition

 URI_Nutrition_Ed

KITCHEN TIP!

You can eat Jerusalem artichokes raw, but roasting them will bring out their natural sweetness.