

# Food Therapy



Host, Lynn Ogryzlo

Join Lynn every Saturday morning at 11 am for delicious discussions on health and wellness.

## *Roasted Radishes*

2 bunches farm-fresh radishes  
1 head of garlic, cloves peeled  
2 tablespoons (30 mL) Extra Virgin Olive Oil  
pinch of sea salt

Preheat the oven to 350F (180C).

Wash the radishes and place them in a baking tray. Add the peeled cloves of garlic.

Cover the radishes and garlic in the oil and dust with a pinch of sea salt. Stir well to make sure they are coated in the oil and salt.

Roast in the oven for 30 minutes. Half way through, stir to ensure they don't stick. Serve warm.



Recipe courtesy of food writer, Lynn Ogryzlo from her book  
*Niagara Cooks, a seasonal attitude*

Photograph courtesy of food photographer, Jon Ogryzlo  
Episode #67: Up Your Vegetables

Email Lynn with questions or comments at [lynnogryzlo@gmail.com](mailto:lynnogryzlo@gmail.com)

***Because What You Put In Your Body Matters!***