

# Jerusalem artichokes

## BUYING

Also called sunchokes, they're not actually artichokes but the root of a kind of sunflower. Look for firm knobs with no soft spots.

## USING

Jerusalem artichokes are nutritionally similar to potatoes. They have a sweet, nutty flavor whether you cook them or eat them raw.

## make it tonight

### Jerusalem artichoke slaw

SERVES 6 (MAKES 4 CUPS) | 1 HOUR

## PREPARING

Keep the gnarled tubers, chilled airtight, up to a week. Give them a good scrub to get in the crevices.

- 2 tbsp. each sour cream and mayonnaise
- 1 tsp. each coarse mustard and finely chopped capers
- 2 tsp. white wine vinegar
- $\frac{3}{4}$  tsp. kosher salt
- $\frac{1}{4}$  tsp. pepper
- 1 lb. Jerusalem artichokes, scrubbed well
- 1 large carrot, peeled
- 6 tbsp. roughly chopped flat-leaf parsley

1. Whisk together sour cream, mayonnaise, mustard, capers, vinegar, salt, and pepper in a medium bowl.
2. Peel Jerusalem artichokes with a knife and cut into fine matchsticks (you should have about 3 cups); to prevent browning, add them to dressing as you cut them, and stir to coat. Cut carrot into fine matchsticks the same size as artichokes. Gently stir carrot and parsley into salad.

PER SERVING 72 CAL., 31% (22 CAL.) FROM FAT; 1.4 G PROTEIN; 2.5 G FAT (0.7 G SAT.); 12 G CARBO (1.3 G FIBER); 325 MG SODIUM; 3.4 MG CHOL.

## + 3 more ways

**ROAST** whole and unpeeled, tossed with olive oil, salt, pepper, and chopped fresh rosemary.

**MASH** boiled, peeled chunks with garlic and fresh marjoram for an easy side.

**PURÉE** cooked, peeled chokes with lemon juice and zest, olive oil, and a dollop of sour cream for a dip to serve with raw vegetables.