Get Cooking: Radishes

Cleaning & Storage
Rinse radish with cool water before preparing.
If not immediately using, trim green stem to an inch of the radish. Store in a ziploc bag and place in refrigerator. Radish can retain freshness for up to a week.

Radish is a good source of:
- Folate
- Vitamin C
- Fiber
- Potassium

Common varieties include:
- Cherry belle
- White icicle
- Sparkler
- French Breakfast
- Daikon

How Can I Use Radishes?
Radishes can be roasted, sauteed, pickled, and grilled. Slice them up and toss them in a salad. Radishes add a satisfying crunch to tacos and other mexican dishes. Radishes also make a great substitute for potatoes.

Radish Resources
https://www.nutritionvalue.org/Radishes%2C_raw_nutritional_value.html
https://foodandnutrition.org/from-the-magazine/savor-radishes/
https://snaped.fns.usda.gov/seasonal-produce-guide/radishes
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**ROASTED RADISHES**

PREP TIME: 10 MINS  
COOK TIME: 15 MINS  
TOTAL TIME: 25 MINS  
YIELD: 4 SERVINGS  
CATEGORY: VEGETABLE SIDE DISH

**INGREDIENTS**
- 4 cups radishes, trimmed and halved (~3 cups halved)
- 4 garlic cloves, minced
- 1 ½ Tbsp. olive oil
- 1/2 tsp. sea salt
- 1/4 tsp. pepper
- Optional fresh parsley, dill or chives

**INSTRUCTIONS**
1. Preheat oven to 400 degrees. Line baking sheet with foil and set aside.
2. In a bowl combine all of the ingredients and toss until radishes are evenly coated with the melted butter or ghee.
3. Place radishes cut side down on baking sheet.
4. Bake for 14-16 minutes or until slightly golden brown.
5. Garnish with parsley, dill or chives and serve.

82 Calories; 6g Total Fat (9%); 1g Saturated Fat (3%); 0mg Cholesterol (1%); 1g Protein; 7g Total Carbohydrate (2%); 2g Dietary Fiber (8%); 265mg Sodium (11%); 30mg Vitamin C (50%); trace iron (2%); 41mg Calcium (4%); 314mg Potassium (95%)

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