

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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