

What's Fresh:

# Radishes



## They're naturally good!

- ◆ Good source of vitamins B-6 & C
- ◆ Rich in dietary fiber
- ◆ Good source of Calcium & potassium

## Storage Tips:

Remove the leaves before storing.  
To keep fresh, refrigerate in an unsealed plastic bag for up to 1 week.  
Store radish greens wrapped in a damp paper towel for 2-3 days.

## Don't throw away the greens!

Fresh radish greens can be steamed, sautéed or added to soups, stews & stir-fries! They can also be eaten raw in salads.

## Preparation Tips

- ◆ Scrub radishes under running water before eating to remove any dirt.
- ◆ Chop off the tops and bottom root and discard.
- ◆ Leave whole, thinly slice, or chop as desired.
- ◆ Revive limp radishes by slicing and soaking in ice water.

## Ways to eat radishes:



- ◆ **Eat them raw.** Cut them into sticks and enjoy with hummus or low-fat ranch as a healthy snack. Slice them into thin strips and eat on a salad or on top of a sandwich!
- ◆ **Sauté them.** Cut radishes into quarters. Heat oil in a pan over medium heat. Add radishes and cook 12 minutes or until fork-tender.
- ◆ **Roast them.** Cut radishes in half, then toss lightly in with oil, salt, pepper and minced garlic. Roast on baking sheet at 450°F for 10 minutes. Turn radishes; roast for 8 more minutes, or until tender.
- ◆ **Grill them.** Cut in half and brush lightly with oil. Place on the grill. Grill for 3-4 minutes on each side, or until golden brown. If pieces are small enough to fall through the grate, use a grill basket.
- ◆ **Pickle them.** Place sliced radishes in a bowl with vinegar for 30 minutes and enjoy a tangy topping.



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