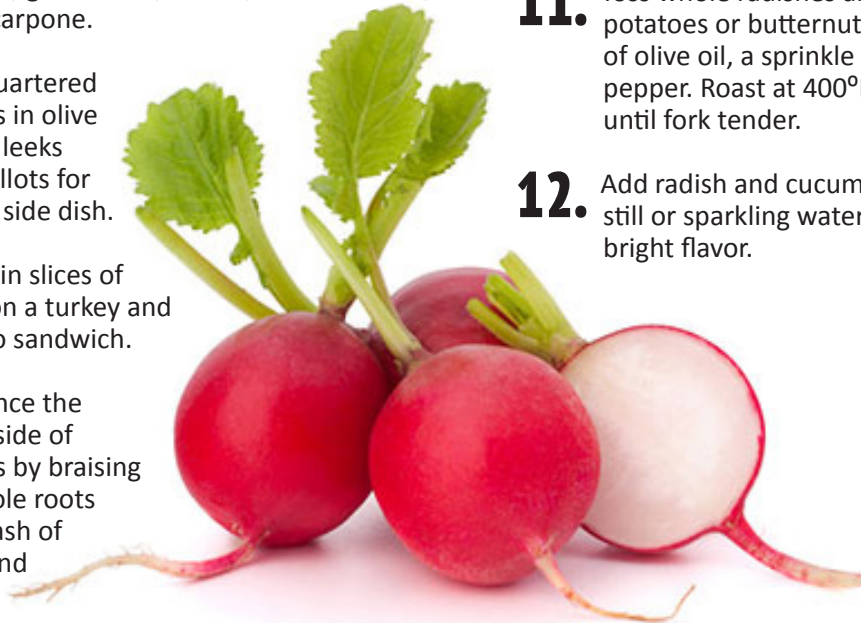


12 Great Ways to Use...

Radishes

Radishes are a wonderful spring vegetable that can help add flavor and brightness to dishes without heavy use of salt. Their natural peppery flavor perks up other root vegetables, salads, and even poultry and other meats. A half-cup serving offers a dose of vitamin C (14% of the daily value) and a gram of fiber with only 9 calories, making radishes a guilt-free addition to any meal.

- 1.** Top a slice of crusty bread with a light layer of butter, thinly sliced raw radishes, and a sprinkle of salt for a traditional French snack.
- 2.** Add crunch and a subtle peppery flavor to green salads with sliced radishes. Stir minced radishes and apples into tuna or chicken salad for a peppery crunch.
- 3.** Quickly pickle radishes in vinegar brine to create a crunchy, slightly sour snack.
- 4.** Enjoy an afternoon snack with contrasting textures by dipping radish halves in hummus, guacamole, ricotta, cream cheese, or mascarpone.
- 5.** Sauté quartered radishes in olive oil with leeks and shallots for an easy side dish.
- 6.** Layer thin slices of radish on a turkey and avocado sandwich.
- 7.** Experience the tender side of radishes by braising the whole roots in a splash of water and white wine, a drizzle of olive oil, salt, pepper, and a pinch of sugar.
- 8.** Combine sliced radishes with cut-up fruit to perk up a fruit salad.
- 9.** Toss julienned or diced radishes into your favorite coleslaw or potato salad recipe for additional crunch and spiciness.
- 10.** Save radish greens to blend into soup, replace basil in a pesto, or braise as you would collard or mustard greens.
- 11.** Toss whole radishes and cut-up sweet potatoes or butternut squash with a drizzle of olive oil, a sprinkle of salt, and some black pepper. Roast at 400°F for 30-30 minutes or until fork tender.
- 12.** Add radish and cucumber slices to a carafe of still or sparkling water to add a refreshingly bright flavor.



Learn more about healthy food choices at www.oldwayspt.org.