

RADISH

Radish are crisp and refreshing snacks, and are generally best eaten raw. They have a subtle, spicy bite to them. Peak season: April-July.

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BEST COOKING METHODS

- RAW
- ROASTED

RECIPE IDEAS

- SALADS
- TACOS
- SALSA

STORAGE

- SEPERATE FROM GREENS
- STORE UNWASHED IN A SEALED PLASTIC BAG IN THE REFRIGERATOR

TIPS

- IF THEY BECOME SOFT, SOAK IN ICE WATER FOR AN HOUR OR TWO.
- RADISH TASTES GREAT EATEN RAW DIPPED IN SALT, A SIMPLE DELICIOUS SNACK.

NUTRITION

- HIGH IN: VITAMIN C.
- GOOD SOURCE OF: VITAMIN E, FIBER, POTASSIUM AND FOLATE.

MANGO RADISH SALAD WITH LIME

DRESSING

- 1 mango, peeled and cut into wedges
- 1/2 english cucumber, thinly sliced
- 1 bunch of radishes, halved or quartered
- 1 tbsp finely grated lime zest and 2 tbs juice
- 2 tbsp olive oil
- 1 tbsp honey
- Salt

TOSS ALL INGREDIENTS. SERVE!

CHICKEN SALAD WITH APPLES & RADISHES

- Kosher salt and pepper
- 1 1/2 pounds boneless, skinless chicken breasts
- 1/4 cup lowfat sour cream
- 2 tablespoons mayonnaise
- 4 radishes, cut into thin half-moons
- 2 stalks celery, thinly sliced
- 1 small green apple, quartered and thinly sliced
- 2 scallions, thinly sliced
- 1 cup watercress, thick stems discarded, or baby arugula

FILL A MEDIUM SAUCEPAN HALFWAY WITH WATER; BRING TO A BOIL AND ADD 1 TSP SALT. ADD THE CHICKEN, REDUCE HEAT AND GENTLY SIMMER UNTIL COOKED THROUGH, 10 TO 12 MINUTES. TRANSFER THE CHICKEN TO A PLATE. WHEN COOL ENOUGH TO HANDLE, SHRED OR CUT INTO PIECES. IN A LARGE BOWL, WHISK TOGETHER THE SOUR CREAM, MAYONNAISE AND 1/2 TSP EACH SALT AND PEPPER. ADD THE CHICKEN AND TOSS TO COAT. ADD THE RADISHES, CELERY, APPLE AND SCALLIONS AND MIX TO COMBINE. FOLD IN THE WATERCRESS.

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