

Radish



Radishes are crisp, lightly flavored root vegetables, usually best eaten raw. They have a subtly-spicy bite, and are great in salads, tacos, and salsas. Radishes are high in vitamin C and offer a good source of vitamin E, fiber, potassium, and folate. You can find the freshest radishes during their peak season, late April through July.



Cooking

Radishes taste great raw with dip, salad dressing or hummus. They can also be roasted, braised, added to stir-fry, or shredded to add to salads and slaws. Radishes also make great pickles for sandwiches & relish. Use tender spring radishes raw when possible: larger, late-season radishes are better cooked or pickled. Radish tops are edible too, and make for a great cooking green!

Storage

Separate the root from the greens. Store in separate plastic bags in the refrigerator, and wash just before use. If the roots get soft, soak in ice water for an hour or two to refresh.



Mango Radish Salad with Lime Dressing

Ingredients:

- 1 mango, peeled and cut into wedges
- ½ English cucumber, thinly sliced
- 1 bunch of radishes, sliced
- 1 tbsp finely grated lime zest and 2 tbsp juice
- 2 tbsp olive oil
- 1 tbsp honey
- Salt and pepper

Directions:

Toss all ingredients together and season with salt and pepper to taste. Serve.

lovin'
spoonfuls
a food rescue



Chicken Salad with Radishes and Apples

Ingredients:

- 1 ½ lbs cooked chicken, shredded or chopped
- ¼ cup plain yogurt or lowfat sour cream
- 2 tbsp mayonnaise
- 4 radishes, cut into thin half-moons
- 2 stalks celery, finely chopped
- 1 small green apple, finely chopped
- 2 scallions, thinly sliced
- 1 cup watercress or arugula
- Salt & pepper

Directions:

1. In a large bowl, whisk together yogurt, mayonnaise and a pinch of salt and pepper.
2. Add the chicken and toss to coat.
3. Add the radishes, celery, apple, and scallions and mix to combine.
4. Fold in the watercress and serve!