

FOOD FACTS

Radish



NUTRITION

- One serving of 1 medium size (3/4" to 1") has 1 calorie.
- Radishes are rich in antioxidants and minerals like calcium and potassium. Together, these nutrients help lower high blood pressure and reduce your risks for heart disease. The radish is also a good source of natural nitrates that improve blood flow.

DYK

- The radish is an edible root vegetable of the family Brassicaceae that was domesticated in Asia prior to Roman times.
- Radishes are grown and consumed throughout the world, being mostly eaten raw as a crunchy salad vegetable with a pungent flavor.

PREPARATION & STORAGE

- Cut off the greens and place radishes in between layers of damp paper towels in a sealable plastic bag. Remove excess air from the plastic bag, seal put it in the crisper drawer of the refrigerator for 2-3weeks.
- If you cut radishes in advance you can put them into a container of cold water and store them in the fridge. They will absorb water and may curl a bit but they will stay nice and crispy and moist.
- Radishes can be eaten raw or cook, tried a roasted recipe in a cold day.

Easy cucumber radish salad

Ingredients:

- 350 g (12oz) cucumber
- 150 g (5oz) radishes
- 2 tbsp fresh dill
- 2 tbsp olive oil 2 tbsp lemon juice salt and pepper

Instructions:

1. Wash and thinly slice the cucumber and radish. Place in a large bowl. Add the dill.
2. Combine the salad dressing ingredients and mix well.
3. Pour the dressing over the salad and mix well.
4. Allow to marinate for 5-10 minutes before serving.

