

*A simple guide to*  
**RADISHES**

All radishes are crisp with a mild, slightly sweet & peppery flavor



**French Breakfast**

Long shape with bright red skin & white flesh.



**Watermelon**

Small & round with white-green skin & bright pink flesh.



**Cherry Belle**

Most common variety. Small & round with bright red skin & white flesh.



**Easter Egg**

Small & round with white, yellow, purple or red skin & white flesh.

**In Season**

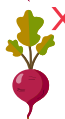
March - May

J F M M J J A S O N D

**How To Select**



Choose radishes with crisp, bright green leaves. Radishes should feel heavy for their size & have firm, vibrant skin.



Avoid dull radishes with wrinkled skin, wilted roots & leaves.

**How To Store**

- Cut off radish greens & store separately in a zip-close bag. Refrigerate up to 1-2 days.
- Place radishes in a loosely closed plastic bag. Refrigerate in crisper drawer 7-10 days.

**How To Prepare**

*Raw* 

Rinse with water & slice or shred. Add into salads, burgers, sandwiches, or sub as chips with dip!

Wash greens & add to salads, smoothies or pesto!

*Sautéed* 

Cut in fourths, toss in olive oil & seasoning of choice. Cook over medium-high heat 5-7 minutes until tender & slightly crisp.

Wash greens & cook 2-3 minutes over medium heat with olive oil & garlic.

*Roasted* 

Cut in half, toss in olive oil & seasoning of choice. Bake cut side down 10-15 minutes at 450°F.

*Tip:* Use radish greens to make ONIE's Garlic Radish Greens Pesto!





# APPLE RADISH COLESLAW

## Ingredients:

- 1 small head cabbage, shredded
- 1 Granny Smith apple, cut into matchsticks
- 3 medium radishes, cut into matchsticks
- 1 small white onion, finely diced
- 1 lemon, juiced
- 1/4 cup honey
- 1/2 cup apple cider vinegar
- 1 1/2 Tbsp water
- 3 Tbsp olive oil
- 1/2 tsp celery seed
- 1/2 tsp ground mustard
- 1/2 tsp black pepper

## Preparation:

1. In a large bowl, add cabbage, apple, radish, onion & lemon juice. Mix well.
2. In a small jar, add honey, vinegar, water, oil, celery seed, ground mustard & pepper. Shake or stir until combined.
3. Add dressing to cabbage mix & toss. Refrigerate 30 minutes before serving.

10 Min | Serves 8

Nutrition Facts	
8 servings per recipe	
<b>Serving size</b>	(179g)
<b>Amount per serving</b>	
<b>Calories</b>	<b>130</b>
% Daily Value*	
<b>Total Fat</b> 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 25mg	1%
<b>Total Carbohydrate</b> 20g	7%
Dietary Fiber 3g	11%
Total Sugars 15g	
Includes 9g Added Sugars	18%
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 49mg	4%
Iron 1mg	6%
Potassium 257mg	6%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Are calories & sodium close to a match?



This recipe is 1 for 1 certified & meets a lower sodium standard.

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