

# Radish

**Selection** - Choose firm, crisp radishes that are smooth and bright in color.

**Storage** - Store radishes in the refrigerator. If green tops are still on the radish, cut off before storing (stays fresh for about 1 week).

**Nutrition** - Vitamin C in radishes supports healing of cuts and wounds.

## 3 EASY WAYS TO USE RADISHES

- To make a radish salad, cut radishes and cucumbers into thin slices. For the dressing, mix Greek yogurt or light mayo with vinegar, honey, garlic powder and dill or chives. Add to the veggies and stir.
- To roast radishes, quarter (cut into 4 pieces), drizzle with oil and spread onto baking sheet. Season with garlic or garlic powder, pepper and Parmesan cheese. Use fresh herbs such as parsley or rosemary for added flavor. Roast at 350 degrees for 35-45 minutes.
- Add radishes to salads, coleslaw, pork tacos or wraps for extra crunch and flavor.

# Cuban Salad

Makes 4 Servings

## Ingredients

For the Dressing:

- ☐ 3 tablespoons oil
- ☐ 1/4 cup lime juice (1 large or 2 small limes)
- ☐ 1 teaspoon garlic or 1/4 teaspoon garlic powder
- ☐ 1/4 teaspoon salt and pepper

For the Salad:

- ☐ 1 head Romaine lettuce, washed and torn into pieces
- ☐ 2 large tomatoes, diced
- ☐ 1 red onion, diced
- ☐ 6 radishes, sliced thin

## Directions

To make the Dressing:

1. Put the oil, lime juice, garlic, salt and pepper in the small bowl and mix well. Lemon juice can be used instead of lime juice.

To make the Salad:

1. Put the lettuce, tomatoes, onion and radishes in the mixing bowl and toss to combine. White onion can be used instead of red onion.
2. Pour the dressing over the lettuce mixture and toss. Serve right away.

