

RADICALLY RED NUTRITION

radish



Radishes are a rad, low-calorie snack! One cup of sliced radishes has only 19 calories. Eating plenty of fruits and veggies like radishes may help reduce the risk of many diseases, including heart disease, high blood pressure and some cancers.

DID YOU KNOW?



- Radishes are a fast-growing crop and grow from seed to edible plant in just 25 days.
- In the United States, radishes are typically eaten raw; however, they can be added to cooked dishes or served whole.
- While the taproot of the radish is the most popular part for cooking, the rest of the leaves and stem can be eaten and are often prepared like other leafy greens.

WELLNESS TIP

Schedule a fitness assessment with a certified personal trainer to find out your current fitness level and how you can improve.

SHOPPING, PREPARING AND STORING



- Squeeze radishes to be sure they are not mushy. Don't buy radishes if the tops are yellow or if there is any sign of decay.
- Store radishes in a perforated plastic bag in the crisper area of the refrigerator. Radishes will keep for three to five days.

COOKING TIPS



- Radishes are wonderful in salads and slaws. They add color, texture and flavor.
- Radishes flavor well with thyme and dill.
- Always wash radishes thoroughly under cold, running water before eating. Trim the top and bottom of the radish with a sharp paring knife.

SUMMER RADISH SALAD serves 4

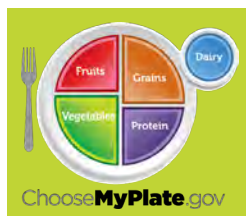
- 2 cups sliced radishes
- 1/2 teaspoon salt
- 1 cup sliced red onion
- 1/2 cup extra virgin olive oil
- 1/2 teaspoon white sugar
- 1 clove garlic, minced
- 1 teaspoon chopped fresh dill
- 2 tablespoons white wine vinegar
- 1 cup seeded and sliced cucumber



1. Toss radishes with salt; let stand for about 10 minutes.
2. Drain any liquid and transfer radishes to a large bowl. Add red onion and cucumber slices.
3. Whisk olive oil, vinegar, sugar, garlic, and dill in a small bowl until well mixed; pour over vegetables and toss to combine.
4. Cover and refrigerate for at least 1 hour before serving.

Recipe adapted from Chef Paula Kendrick, Florida Department of Agriculture and Consumer Services

Calories: 270; Total Fat: 28 g; Saturated Fat: 3 g; Total Carbohydrates: 6 g; Protein: .82 g; Sodium: 313 mg



CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.

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