

## RADISH

### Types

Garden or European: globe (usually red, but may be white, purple, pink, or other colors), white icicle, French breakfast. Daikon (long, white, and tapered — like a large white carrot), Japanese winter, black, or Spanish.

### Selection Info

Choose firm, smooth, brightly colored radishes. If the tops are attached, they should be green and fresh.

### Preparation

Bunched radishes can be eaten raw. They can be eaten whole with the leaves removed, or sliced or shredded. Daikon radishes are usually peeled and can be eaten raw (shredded, sliced or in sticks) or added to quick-cooking Asian dishes, like stir fries. Winter storage radishes must be peeled and can be eaten raw or cooked.

**Braise:** Heat 1-2 tablespoons of butter or oil in a pan with radishes and pour in any type of stock (enough to cover about half the height of the radishes). Season with sugar, salt, pepper, or vinegar to taste. Simmer the mixture; turn heat to low, cover, and cook until radishes are tender (about 5 minutes). Reduce the liquid by removing the lid and cooking

over medium-high heat until the liquid becomes thick and coats the radishes.

**Sauté:** Cut radishes to desired size and sauté in warm skillet with 1-2 tablespoons of olive oil and salt and pepper to taste. Heat until golden, stirring frequently.

**Roast:** Heat oven to 425°F. Cut radishes and toss them in 1-2 tablespoons of olive oil. Add salt, pepper, or your favorite seasoning mix to taste and place radishes on a rimmed baking sheet. Roast radishes for about 30 to 45 minutes, turning halfway through cooking time.

**Steam:** Place whole radishes in a steamer basket above 1 or 2 inches of boiling water. Cover the pan and cook 5 to 15 minutes.

**Boil:** Boil whole radishes 10 to 30 minutes, or until tender. Radishes can be eaten warm or cold.

### Storage

**Short-Term Storage:** Radishes store longer if you remove the greens.

When you bring radishes home from the market, cut the greens off the top of each radish and store them in a container in the refrigerator.

**Long-Term Storage:** Radishes do not freeze well. Daikon radishes have long been pickled in Asian cultures. Kimchee can be made with radishes along with other fermented products.



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# RADISH AND CUCUMBER SALAD

## Ingredients


- 1/4 cup nonfat plain yogurt
- 1/4 teaspoon garlic powder
- 1/4 teaspoon each salt and pepper
- 10 radishes (washed and thinly sliced — about 1 bunch)
- 1 cucumber (washed and cut into thin rounds)

## Directions

1. In a large bowl, mix together yogurt, garlic, salt, and pepper. Add radishes and cucumbers and stir to combine.
2. Cover and refrigerate for at least 15 minutes before serving.
3. Refrigerate leftovers within 2 hours.



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### Nutrition Information

Serving Size 3/4 cup

Nutrients	Amount
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Total Calories	20
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Protein	1g
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Carbohydrates	4g
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Dietary Fiber	1g
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Total Fat	0g
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Saturated Fat	0g
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Cholesterol	0mg
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Minerals	
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Sodium	120mg
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