

RADISHES



HOW DO THEY TASTE?

Spicy, crunchy and fresh.

HOW DO I PICK THEM?

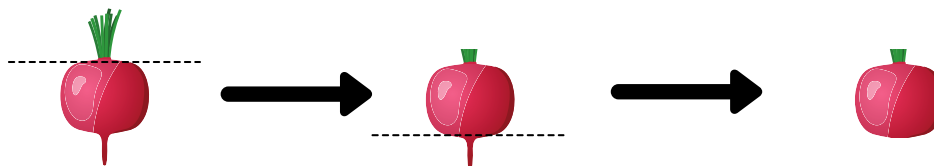
Choose firm bright colored radishes that are free of soft spots. Radishes are available all year round at the grocery store but can be found locally in their peak season between the months of May to December.

HOW DO I STORE THEM?

- Store radishes in a sealed plastic bag in the fridge. Keep roots unwashed in the fridge until ready to eat. OR
- Store bulbs in a container with cold water to keep them crisp and fresh. Place in the fridge.

HOW DO I PREPARE THEM?

1. Wash fully in cold water.
2. Cut off most of the stem, leaving about an inch.
3. Cut root off bottom of radish.
4. Cut off any black spots.



Cut into halves and **roast, bake** in the oven, add into a **salad**, use in a **soup**, eat **raw** as a snack, **sauté**...and so much more!

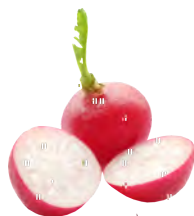
ROASTED RADISHES

Ingredients:

1 pound radishes, trimmed and cut in half
1 tablespoon olive oil
1/2 teaspoon salt
1/4 teaspoon black pepper

Directions:

1. Turn oven on and set the heat to 425°F.
2. Put all ingredients in the bowl and mix well.
3. Put the mixture on the baking sheet and spread evenly.
4. Once the oven has reached 425°F, carefully put the baking sheet in the oven and roast for 10 minutes. Use pot holders to carefully remove the pan from the oven, then using a mixing spoon to toss the radishes.
5. Put the baking sheet back in the oven and cook until the radishes have browned, an additional 5-20 minutes. Serve right away.



For recipes & information about preparing healthy foods, visit web.uri.edu/SnapEd or call us at 1-877-366-3874.



Community Nutrition Education RI



RISNPEd



URI Nutrition



URI_Nutrition_Ed

KITCHEN TIP!

Radishes stay fresh for 1-2 weeks in the refrigerator.