



## COOKING WITH

# RADISHES

### ABOUT RADISHES

- Radishes are a member of the mustard or cabbage family.
- The root is a relative to kale, broccoli, cauliflower, and horseradish.
- They are also linked to wasabi.
- Radishes are a great low calorie snack, with only 19 calories in a cup.
- Radishes are also known to help with digestion and prevent viral infections.

### EXTENDING THE SHELF LIFE OF RADISHES

- Radishes do not freeze well. If you want to extend the shelf life, put the radish, wrapped in a plastic bag, in the fridge.

## RED RADISH & GREEN SALAD

### INGREDIENTS

- 3 cups radishes, halved lengthwise, with root and 1-inch stem left on
- 1 tablespoon butter
- ½ teaspoon grated lemon rind
- 2 teaspoons fresh lemon juice
- ¼ teaspoon salt
- 1 cup torn radish leaves
- ¼ teaspoon freshly ground black pepper

### INSTRUCTIONS

1. Bring a medium pot of water to a boil. Add radishes; cook 4 minutes or until crisp-tender. Drain.
2. Melt butter in a medium skillet over medium-high heat. Add radishes to pan; sauté 3 minutes or until butter is browned and fragrant. Add rind, juice, and salt; cook 1 minute, stirring occasionally. Remove pan from heat; stir in radish leaves and pepper.

## Nutrition Facts

**Amount Per Serving**

**Calories 42**

**% Daily Value\***

**Total Fat** 3g

Saturated Fat 1.9g

Polyunsaturated Fat 0.2g

Monounsaturated Fat 0.8g

**Cholesterol** 8mg

**Sodium** 208mg

**Potassium** 0mg

**Total Carbohydrates** 3.5g

Dietary Fiber 1.5g

Sugars 0g

**Protein** 0.8g

Vitamin A

Vitamin C

Calcium 32mg

Iron 0.4mg

\*Based on a 2,000 calorie diet



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