

RADISHES

Ways to Prepare Radishes:

1. **Raw** - Slice them up thinly or mince them and add them to your salads, tacos, and sandwiches!
2. **Roasted** - Halve them and toss them in a little oil, salt and pepper and roast at 400° F for 15-20 minutes!
3. **Pickled** - Mix equal parts water and vinegar with some salt, sugar and your favorite spices and add sliced, or halved raw radishes. Let marinate in a jar for a few minutes or several days!
4. **Sautéed** - Halve or slice the radishes and sauté in a little butter or olive oil on medium heat for 8-10 minutes or until soft, and golden brown!



Add radishes to:

- * Coleslaw
- * Soups
- * Salads
- * Tacos



Radish and Cucumber Salad with Garlic-Yogurt Dressing

Makes 4 servings

Ingredients

For the Salad

- 1 English cucumber, washed and cut into thin rounds
- 10 radishes, washed and thinly sliced
- 1 bunch green onions, chopped

For the Dressing

- 1/4 cup plain yogurt
- 1/4 cup sour cream
- 1 teaspoon extra virgin olive oil
- 2 cloves garlic, minced
- 1/2 teaspoon salt, or to taste
- 1/4 teaspoon black pepper, or to taste



Instructions

1. In a large bowl, combine sliced radishes, cucumbers, and chopped green onions; set aside.
2. In a mixing bowl, whisk together all the ingredients for the dressing; taste for seasonings and adjust accordingly.
3. Add the dressing to the salad; mix well and place in the fridge for 20 minutes.
4. Serve.