

Add a little magic to salads

Radishes

Radishes add a big flavor punch to salads that is similar to horse radish. They only contain about 9 calories per half cup. You can use them on salads, sandwiches, and tacos to name a few things. Here are tips to get your started.



1

Remove the greens

Remove the greens when you get home from the store. But don't throw them out! Use the greens in salads, stir fry dishes, and pesto. Wash the radishes and store them in a covered bowl or container.



2

Slice them all at once

Slice the radishes and use them throughout the week in salads, slaws, tacos, and sandwiches. Keep them sealed in a container or bag so they stay fresh.



3

Try a variety of radishes

There are many types of radishes from daikons to Easter egg to European. There are even tangy radish micro greens on the market. Try one each week to have a little variety and to find out what you and your family like the most!



4

Grate them for even more uses

Grated radishes are fantastic when added to slaw and tacos. They add color and a nice bite!