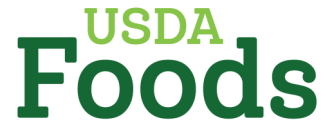


Radishes, Fresh

MyPlate Food Group: **Vegetable**



Nutrition Information

- 1 cup of raw radishes counts as 1 cup from the ChooseMyPlate.gov Vegetable group.
- It all counts! Fresh, frozen, canned, and even vegetable juice- all types of veggies count toward your MyPlate goal.
- Based on their nutrient content, vegetables are organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables.
- Most vegetables are naturally low in fat. None have cholesterol. Sauces and seasonings may add fat, calories, and/or cholesterol.
- Fruits and vegetables contain antioxidants. Some studies have shown that eating a diet high in antioxidants may have health benefits.
- Radishes contain many nutrients that are important for your body. They are low in sodium and are a good source of fiber.

Uses and Tips

- Radishes have a peppery flavor! Add them to salads for a pop of crunch and a little spice!
- Fresh radishes do not need to be cooked or heated. Gently rub radishes while holding under plain running water to remove any visible debris and then enjoy. Cooking radishes can reduce their peppery, spicy flavor.
- Try roasting fresh radishes in the oven. Roasted radishes are quick to make and result in a milder, almost nutty flavor.

Storing Foods at Home

- Do not wash radishes until ready to eat.
- Radishes should be stored in the refrigerator in a plastic bag, loosely tied or knotted.

MyPlate Facts

- Vegetables are naturally low in calories. Eat vegetables in place of foods that may be higher in calories to help lower calorie intake. For example, replace chips with crunchy carrots, celery, or cucumbers.
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce the risk of heart disease, including heart attack and stroke.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Adding vegetables can help increase the intake of fiber and potassium, which are important nutrients that many Americans do not get enough of in their diet.
- Vary your veggie choices to keep meals interesting.



USDA Foods

Creamy Radish and Cucumber Salad

Makes 6 servings

Ingredients:

- ¼ cup nonfat, plain yogurt
- ¼ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 10 radishes, washed and thinly sliced
- 1 cucumber, washed and cut into thin rounds

Directions: Wash hands with soap and water.

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

Recipe adapted from Maine SNAP-Ed

Sizzling Spring Vegetable Sauté

Makes 4 servings

Ingredients:

- 1 teaspoon vegetable oil
- ½ cup onion, sliced
- 1 garlic clove, finely chopped
- 3 potatoes, diced
- ¾ cup carrot, sliced
- ¾ cup asparagus, diced
- ¾ cup sugar snap peas, or green beans
- ½ cup radishes, quartered
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- ½ teaspoon dill, dried

Directions: Wash hands with soap and water.

1. Heat the oil in a skillet. Add the onion and cook for 2 minutes. Add the garlic and cook for another minute.
2. Stir in the potatoes and carrots. Cover, turn the heat to low, and cook until almost tender, about 4 minutes.
3. If the vegetables start to brown, add 1 to 2 tablespoons of water.
4. Add the asparagus, peas or green beans, radishes, salt, pepper, and dill. Cook, stirring often, until just tender.
5. Serve immediately.

Recipe adapted from SNAP Recipes, MyPlate Kitchen