



## RADISH RECIPES

Going to the Farmers Market in the spring is a culinary and visual delight. There are so many beautiful vegetables, but for me, the most beautiful veggies are radishes. For years, I couldn't resist the radishes, because they were so beautiful. I would forget—until I got home—that I really didn't like raw radishes very well; they were just too peppery. I might get away with one or two radishes in a large salad, and the rest would get shriveled and lonely in the fridge unless I found a friend who liked them raw.

**Radish Sandwiches:** Then I watched my friend Zakayah Gharib make a sandwich for her daughter for summer camp. This sandwich looked very bizarre; it was a radish sandwich, made from very thinly sliced radishes, firm white bread, and butter, salt and pepper. Crunchy, honest flavors. When I had a radish sandwich at a later date, it had thinly sliced cucumbers added to the radishes, and was lovely! One could certainly add some mild cheese, but the beauty of this sandwich is its simplicity of flavors, much like an English cucumber sandwich.

**Cooked Radishes:** Then I became enlightened on cooking radishes. The first ah-ha moment came when I dropped a raw radish into a pot of stew. Couldn't hurt anything, right? Actually, I quickly learned that when radishes are cooked, they taste a lot like turnips, which I do like. Turnips and radishes add an essence to any stew that cannot be matched by any other vegetable. I started freezing (whole) any "leftover" radishes to drop into soup stock, or just sliced into soup, to replace turnips. Very successful!

**Baked Radish Chips:** If you like baked kale chips, you will probably like baked radish chips. Here are the general directions.

10 radishes  
1 teaspoon chili powder  
½ teaspoon garlic powder  
½ teaspoon paprika  
Salt and pepper to taste

1. Thinly slice radishes, place in a microwave-safe bowl, and process in the microwave oven for 4-5 minutes. Pat slices dry, and sprinkle on the spices.
2. Place in a greased pie pan and bake at 350 degrees for 10 minutes, flip the chips, and bake for another 10 minutes. Enjoy!

Serves 1 or 2.



**Roasted Radishes:** Roasted vegetables are my new favorite food, and I can't understand why I didn't learn about them until the last few years. They are simply fabulous. Roasting in the oven brings out the sweetness and natural goodness of the vegetable, and they rarely need any enhancement other than salt and pepper. To cover, or not to cover: if they are big or tough, I cover (beets, potatoes); if they are smaller, I may not cover. Even if I do cover, I often let them brown up a bit for the last 10-15 minutes, uncovered.

10-20 radishes, halved if large

1-2 tablespoons butter or olive oil

Salt and pepper to taste

Melt the butter or oil in a pie pan. Add cut or whole radishes, salt and pepper, turning to coat with oil. Cover with foil and roast for 15 minutes. Remove foil and stir; roast until lightly browned and crispy. Enjoy

\*You may mix radishes with cut potatoes and roast together. They are a good complement to each other.

**Radish Greens:** Did you know that radish greens are edible? I like them best mixed with other greens, so just add them to chard, kale, mustard, or any other greens you like and cook with the seasonings of your choice. They are delicious and Oh so healthy!