



RADISHES 3 WAYS!

RADISH, BEET, AND CUCUMBER SALAD

INGREDIENTS NEEDED:

1 medium beet, cut into matchsticks
4 radish, cut into matchsticks
½ cucumber, cut into matchsticks
½ cup fresh basil, chopped
1 tablespoon sliced almonds (optional)
2 tablespoons olive oil
1 tablespoon lemon juice
Salt and pepper

STEPS:

1. Chop the beet, radish, and cucumber into matchstick pieces.
2. Place cut veggies in a bowl and combine.
3. Drizzle oil and lemon juice over the sliced veggies.
4. Top with basil and almonds (if desired).
5. Salt and pepper to taste and enjoy!

This is a refreshing salad that is perfect for summer cookouts or when you need an energizing boost!

RADISH RAITA SAUCE

INGREDIENTS NEEDED:

1 cup radish, grated
1 ½ cups plain yogurt
1 teaspoon ground cumin
1 tablespoon fresh mint, chopped
Salt and pepper

STEPS:

1. Grate the radish into a bowl.
2. Add yogurt and cumin to grated radish.
3. Mix radish, yogurt and cumin until well combined.
4. Salt and pepper to taste.
5. Garnish with fresh mint.

Serve this dish with crackers or as a dip for veggies. It also goes well as a sauce with roasted chicken or as a substitute for mayonnaise on a sandwich!

SPRING RADISH SALAD

INGREDIENTS NEEDED:

2 cups radish, chopped
2 large scallions, chopped
3 tablespoons olive oil
1 tablespoon apple cider vinegar
salt and pepper

STEPS:

1. Chop radish and scallions, combining in a medium bowl.
2. Drizzle radishes with olive oil and apple cider vinegar.
3. Toss and add salt and pepper to your taste.

This tangy salad packs a health punch! Try it as a topping for tacos or on burgers!



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