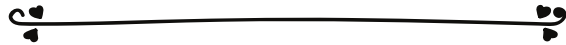




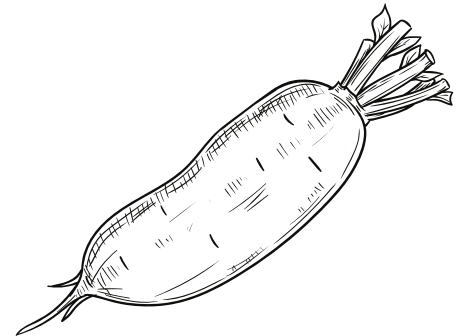
# Crispy Roasted Radishes



In this simple and flexible recipe, our organic radishes will come to life through the high-heat cooking method of “roasting” – see how they transform! This dish makes a wonderful and healthy side dish at any meal, can be tossed into a salad or slaw, served over fish tacos, or they even pair well with rice or pasta for a spring treat! Have other root vegetables at home? This recipe can also be adapted for whatever roots you have in your pantry!

## Ingredients:

- 1 large bunch radishes (~ 1 lb), washed and trimmed
- 1-2 large onions
- 1 Tbsp. olive oil
- 1/2 tsp. sea salt
- 1/4 tsp. black pepper



## Instructions:

1. Preheat oven to 425 degrees F.
2. Cut the radishes in half so that they are all about the same size. Cut the onions into wedges about the same size as the radish pieces.
3. Spread your onions and radishes on a baking sheet in a single layer.
4. Drizzle olive oil over the vegetables. Sprinkle with salt and black pepper and other herbs and seasonings (if desired). Toss to coat well. Spread back into a single layer. *This is a great task for kiddos to help with!*
5. Roast for 10 minutes, then lower the heat to 350 degrees F, stir the vegetables and continue to roast for 20-30 minutes. Stir occasionally. Vegetables are done when they are a golden brown on the outside and tender on the inside.
6. Want to turn up the flavor? After roasting, sprinkle with fresh herbs of your choice. Radishes pair well with fresh parsley, chives, mint, lemon and thyme.

**Nutrition Facts:** Makes 4 servings

Per Serving: 59 calories, 3.5 g fat, 0.5 g sat fat, 337.5 mg sodium, 6.4 g carbohydrate, 3.2 g sugars, 0.3 g protein



# Cinnamon-Sugar Radish Chips



These cinnamon sugar radish chips are an easy and fun way to make use of fresh radishes! Perfect served over Greek yogurt with honey.

## Ingredients:

- 10-15 radishes
- 1 Tbsp olive oil
- 1/2 Tbsp honey
- 1-2 Tbsp cinnamon sugar mixture



## Instructions:

1. Preheat your oven to 350 degrees F.
2. Wash your radishes and trim off the roots and stems.
3. Slice the radishes approximately 1/4 inch thick.
4. Add your sliced radishes to a microwave safe bowl. Microwave for about 30 seconds to soften them up. Drain any liquid. *(No microwave, no problem! You can boil your radish slices to soften them slightly or you can skip this step entirely and increase the roasting time.)*
5. In a larger bowl, mix together your radishes, olive oil, honey and cinnamon sugar. Mix well to coat all of the radishes. Spread on a baking sheet lined with parchment paper. Make sure they are evenly spread out and not stacked on top of each other.
6. Cook for 15 minutes at 350 F, then remove the radishes and flip them over. Reduce oven temperature to 225 F and bake for another 20 minutes. You will notice they will begin to shrink in size and crisp up, which is a good thing! Remove from the oven, plate and serve.

You don't have much of a sweet tooth? Switch out the honey, cinnamon and sugar with salt and pepper. Then add your favorite spices and dried herbs. Try making rosemary & garlic chips, or toss in some red pepper flakes! Get creative and let us know what recipes you create!

**Nutrition Facts:** Makes 2-3 servings

Per Serving: 60 calories, 3.5 g fat, 5 mg sodium, 7 g carbohydrate, 1 g fiber, 6 g sugar, 0 g protein.