

Roasted Radishes

Ingredients

- 20 radishes, washed and trimmed
- Cooking spray
- 3 Tbsp olive oil
- 1 Tbsp lemon juice
- 1 Tbsp coarse salt

Directions

1. Preheat oven to 450°F. Coat a baking sheet with cooking spray.
2. Cut washed radishes in half lengthwise.
3. Add olive oil, lemon juice and radishes to a large bowl and toss.
4. Place radishes on baking sheet, cut side down. Sprinkle evenly with coarse salt.
5. Roast until radishes are tender, about 18 minutes, turning over half way through.

Handling & Storage:

Remove radish greens, which are edible, before storing and place in a plastic bag. Refrigerate up to one week.

To prepare, slice off the roots and leaves, wash and pat. Radishes can be served whole, sliced, diced, minced and/or grated. Roasting radishes tempers their bitter flavor, creating a flavor more like a potato.

Nutritional Information

Calories: 96

Total Fat: 10.7 g

Saturated Fat: 1.6 g

Trans Fat: 0.0 g

Cholesterol: 0 mg

Sodium: 1450 mg

Total Carbohydrates: 0.9 g

Dietary Fiber: 0.4g

Sugars: 0.5 g

Protein:0.2 g

Serves 4