

Broiled Summer Squash with Radish

from: allrecipes.com

- ¼ cup extra virgin olive oil
- ¼ cup balsamic vinegar
- 1 teaspoon chopped fresh dill
- ¼ teaspoon salt
- ½ teaspoon freshly cracked black pepper
- ½ chopped red onion
- 1 large zucchini, cut in half lengthwise then into ¼-inch slices
- 1 large yellow squash, cut into ½ inch cubes
- 4 radishes, cut into ¼ inch-thick slices

1. Preheat the oven's broiler and set the oven rack about 6 inches from the heat source.
2. Whisk the olive oil, vinegar, dill, salt, and pepper together in a mixing bowl until evenly blended. Add the onion, zucchini, yellow squash, and radishes; toss until evenly coated. Spoon into 8x8-inch baking dish, and cover with aluminum foil.
3. Broil in the preheated oven 10 minutes, then remove the foil, and continue broiling until the vegetables are tender and nicely browned on top, about 10 minutes more.

Radishes!



Radish (*Raphanus sativus*)



Radishes are root vegetables, with a crisp texture and a peppery-hot flavor. Radishes can be served as hors d'oeuvres, with salads or sandwiches, or as a garnish. When purchasing radishes, pick out ones that are firm, crisp, and that do not have blemishes. Store them in refrigerator.

Cooking Tips:

For preparation, radishes are not usually peeled unless called for in the recipe. Cut off the roots and leaves, wash in cold water, drain.

Boiling: Drop in whole or sliced radishes while the water is boiling. Simmer until tender.

Steaming: Steam whole for 5 to 15 minutes, depending on your desired tenderness.

Health Benefits:

- cancer prevention
- good for dieting: low in calories, fat, and cholesterol
- high in vitamin C
- regulates digestion

(associatedcontent.com, recipetips.com)

Baked Radish Chips

10 radishes
1 tsp. chili powder
½ teaspoon garlic salt
½ teaspoon paprika

1. Thinly slice radishes
2. Steam in microwave for 5 minutes
3. Put in bowl with spices; stir
4. Bake at 350 degrees for 10 minutes, flip the chips, and bake for another 10 minutes.

Radish Dip

4 cloves garlic, peeled
6 radishes, quartered
2 (8 ounce) packages cream cheese, softened

Place the garlic and radishes into a food processor until finely minced. Or, cut them by hand as finely as possible. Add cream cheese, and mix until well blended. Chill until serving.

*** Consider adding chopped radishes onto a veggie pizza!**



Pesto with Radish Greens

from: www.deliciousdays.com

1.5 ounces radish greens
1 garlic clove
1¾ tablespoon chopped hazelnuts (without skins)
1.5 ounces shredded parmesan cheese
Salt and pepper
⅓ cup olive oil

1. Toast the chopped and skinned hazelnuts in a small pan over medium heat until golden brown and fragrant, then set aside. Peel and coarse mince the garlic.
2. Cut off the leaves from the small red radishes (avoid using the thicker stems) and wash them thoroughly under cold water as they tend to be quite sandy. Throw in a salad spinner until dry or pat dry on towel.
3. Put radish greens, toasted hazelnuts, grated cheese, a pinch of salt and black pepper as well as about ¾ of the olive oil into a blender and briefly blend until the pesto reaches your desired consistency. Add more oil, depending on your preferences. Add more salt, pepper, and cheese to taste. Keep in the fridge, with the surface well covered in oil.

Radish Leaf Soup

from: epicurious.com

3 large bunches of radishes
1 tablespoon butter
1 very large onion, chopped
4 russet potatoes (about 1½ pounds) peeled, chopped
3 cups water
⅔ cup milk

1. Cut leaves from radishes, wash well, & save the radishes for something else.
2. Melt butter in large saucepan over medium heat.
3. Add onion and saute until tender, about 5 minutes.
4. Add radish leaves and saute until wilted, about 2 minutes.
5. Add potatoes and 3 cups water. Cover and simmer until vegetables are tender, about 20 minutes
6. Puree soup in batches in blender. Return to saucepan. Mix in milk, stir over medium heat until hot. Stir over medium heat until hot. Season soup with salt and pepper.