# Radish Salsa

## May 2020

#### **INGREDIENTS:**

7 radishes, raw

1/3 cup onion, red if

1/3 cup cherry tomato

1/3 cup cilantro, chopped

1 Tablespoon lime juice or juice from 1/2 lime

1 Tablespoon olive or vegetable oil

1/4 teaspoon salt

#### **EQUIPMENT NEEDED:**

Knife and cutting board

Mixing spoon and bowl

Measuring spoons

### **DIRECTIONS:**

- 1. Rinse radishes under cold water and rub to remove soil. Cut off the ends.
- 2.Chop radishes, onion, and tomatoes into small, 1/4 inch cubes. Place in medium size bowl.
- 3.Add cilantro, olive oil, lime juice, and salt to mixture.
- 4.Mix and enjoy with tortilla chips or to spice up a meal.

#### **RADISH TIPS:**

- Choose smooth radishes, brightly colored, with bright green tops.
- Store unwashed radishes with greens removed in a plastic bag, with a paper towel.
- Enjoy small, leafy radish leaves in salads. Use the tougher, larger leaves in cooking.





SERVING SIZE: 1/2 cup

SERVINGS: 4

PREPARATION TIME: 15

minutes

**READY IN: 15 minutes** 

## **Nutrition Facts**

Amount Per Serving Calories	28
Total fat	2.3g
Saturated fat	0g
Cholesterol	0mg
Sodium	79mg
Total Carbohydrate	2g
Fiber	1g
Sugar	0g
Includes 0g of Added Sugars	
Protein	<1g
Phosphorus	8mg
Potassium	73mg







