

# Radish Salsa

SERVING SIZE: 1/3 cup  
SERVINGS: 6  
PREPARATION TIME: 10 minutes  
READY IN: 10 minutes

## 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



## 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.

## NUTRITION FACTS:

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

## EQUIPMENT NEEDED:

- Knife and cutting board
- Mixing spoon and bowl
- Measuring spoons

Recipe submitted by Mount Mary University Dietetics Department  
Additional recipes available at: [healthyshelves.org](http://healthyshelves.org)