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  |
| Total fat          | 2.3g |
| Saturated fat      | 0g   |
| Cholesterol        | 0mg  |
| Sodium             | 79mg |
| Total Carbohydrate | 2g   |
| Fiber              | 1g   |
| Sugar              | 0g   |
| Protein            | <1g  |
| Phosphorus         | 8mg  |
| Potassium          | 73mg |

Includes 0g of Added Sugars

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