

Featured Vegetable

RADISH

A great source of Vitamin C and fiber!



Roasted Black Spanish Radish

Ingredients	Directions
<ul style="list-style-type: none">● One large Black Spanish Radish, or 1 pound other large radishes● 2 Tbsp Olive Oil● Salt to taste● Optional: dried thyme, black pepper, or chili flakes to taste <p>Also will need:</p> <ul style="list-style-type: none">● Baking sheet● Oven	<ul style="list-style-type: none">● Wash hands and radishes● Cut the radish (without removing the skin) into bite-size cubes.● Toss with olive oil, salt, and a bit of dried thyme or chili pepper flakes if using.● Roast at 350 degrees until tender.● Enjoy roasted radish as a side on it's own, or mixed with rice.