

DID YOU KNOW?

MARCH IS RADISH MONTH

FACT #1

Every year on December 23rd in Oaxaca, Mexico an event is held called the Night of the Radishes where artists create designs by carving large radishes.

FACT #2

If you have ever seen radishes at the store or farmer's market before you may have noticed the top leaves. Did you know that the leaves can be eaten? They can be served raw or cooked.

FACT #3

Radishes are a source of vitamin C, an important nutrient needed to help support our immune systems.

radical
radish



RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

| | VEGETABLES | FRUITS |
|---------------------|--------------|--------------|
| Children, Ages 4-8 | 1 ½ cups | 1 - 1 ½ cups |
| Children, Ages 9-13 | 2- 2 ½ cups | 1 ½ cups |
| Teens, Ages 14-18 | 2 ½ - 3 cups | 1 ½ - 2 cups |

QUINOA SALAD WITH PICKLED RADISHES

Makes 4 servings • 1 1/2 cup

INGREDIENTS:

- 2/3 CUP OF RED WINE VINEGAR
- 1 TBSP OF SUGAR
- ½ CUP OF SLICED RADISHES
- 2 CUPS OF DICED CUCUMBERS
- 2 TBSP OF OLIVE OIL
- 2/3 TSP OF SALT
- 1/3 TSP OF GROUND BLACK PEPPER
- 1 TBSP OF MINCED FRESH PARSLEY
- 2 TBSP OF LEMON JUICE
- 2 CUPS OF CANNED GREEN BEANS, DRAINED AND RINSED
- 2 CUPS OF COOKED QUINOA

DIRECTIONS:

IN A SMALL SAUCEPAN, BRING RED WINE AND SUGAR TO A SIMMER. REMOVE FROM HEAT AND ADD RADISH SLICES, LET STAND TO COOL FOR 1 HOUR. IN A MIXING BOWL, TOSS CUCUMBER WITH OLIVE OIL, SALT, PEPPER, PARSLEY, LEMON JUICE, DRAINED RADISHES, BEANS, AND QUINOA. SEASON WITH SALT AND PEPPER TO TASTE.