

Sauteed Radishes

serves 4

Try these radishes as a side dish to a late spring cookout.



Ingredients

1 Tbsp butter or vegetable oil
1 pound radishes, with tops, trimmed and each cut into quarters or halves if small
1/4 tsp salt
1/8 tsp ground black pepper
1 Tbsp fresh dill, chopped

Directions

1. Wash hands with soap and water.
2. Heat butter or oil in nonstick 12-inch skillet over low-medium heat.
3. Add radishes, salt, and pepper to skillet. Cook 14-15 minutes or until radishes are fork-tender and lightly browned.
4. Remove skillet from heat. Toss radishes with dill and transfer to serving bowl.
5. Cover and refrigerate leftovers. Eat leftovers within 3-4 days.

Nutrition Facts per serving: 45 calories, 3g fat, 4g carbohydrates, 2g dietary fiber, 1g protein

Recipe by Eat.Move.Save. Illinois Nutrition Education Programs. University of Illinois Extension