



# LOADED RADISHES

Chef@Market: Maggie Haren

April 14, 2018

**R**adish is an edible root vegetable of the Brassicaceae family that was domesticated in Europe in pre-Roman times. Radishes are grown and consumed throughout the world, being mostly eaten raw as a crunchy salad vegetable. They are numerous varieties, varying in size, flavor, color, and length of time they take to mature. Radishes owe their sharp flavor to the various chemical compounds produced by the plants, and are highly nutritious and have many health benefit.

- 2 bunches medium radishes (about 20) trimmed and thinly sliced
- 2 tablespoons extra virgin olive oil
- flakey sea salt to taste
- black pepper freshly ground to taste
- 2 tablespoons grass-fed butter to taste
- 1/2 cup cheddar cheese freshly grated, to taste
- 1/4 cup sour cream to taste
- 4-6 bacon slices crispy and crumbled
- chives or spring onions thinly sliced, to taste

1. Preheat oven to 400°F/200°C. Brush a baking dish or rimmed tray with olive oil.\*
2. Add radishes to prepared baking dish, drizzle with olive oil and season with salt and freshly ground black pepper to taste. Roast for 45-60 minutes, until golden and lightly crisp, tossing them about half way through.
3. Now you can either just add some butter and top them with cheddar cheese right there. Or pile them up in a ramekin with a touch of butter between the layers (our preferred way!).
4. Set your oven to broil, and cook your cheddar-topped radishes until the cheese is fully melted.
5. Serve right away topped with sour cream, crumbled crispy bacon and chives or spring onions.

Preheat oven to 400 degrees



## Stay Healthy with Radish Organic Facts

Heals the symptoms of piles	Prevents cardiovascular diseases
Aids in treatment of leucoderma	Helps lose weight and improve immunity
Keeps skin moisturized and body hydrated	Extremely useful in treating jaundice
Treats urinary and kidney disorders	Radish juice reduces pain and swelling
Relieves symptoms of constipation	Treats cancers like colon, stomach and oral cancer
Regulates blood sugar levels in diabetics	Decreases congestion in respiratory system

**Radish Nutrition Facts:**  
Vitamins: Vitamin C 25%, Folate 6%, Vitamin B6 4%  
Nutrients: Dietary Fiber 6%, Calcium 1%, Carbohydrate 1%  
Minerals: Potassium 7%, Copper 2%, Calcium 7%

\*% Daily Value per 100g. For e.g. 100g of radish provides 25% of daily requirement of vitamin C.

[www.organicfacts.net](http://www.organicfacts.net)

**Maggie's Recipe Tips:** Source of this recipe: Blog called Gnom Gnom – Specializing in Keto and Gluten Free Recipes

- Depending on the size of your radishes and how thick you slice them they may need more or less cooking time. So we suggest you test them a bit along the way and adjust accordingly. Radishes can be served with or without all the loaded toppings. Just add a little salt pepper and olive oil and maybe a sprinkle of grated Parmesan.
- This recipe is considered a "keto" recipe, meaning very low or no carbs
- Don't throw the greens away! They are entirely edible and can be used in salads or soups! They have a bit of a bitter flavor