

Radish salsa

Prep time: 10 min

Makes: 3 cups

Ingredients:

6 to 8 medium red radishes, chopped

1/2 fresh jalapeno chile, minced (remove seeds and ribs to make them less spicy for kids)

2 tablespoons freshly squeezed lemon juice

1 cucumber, peeled and diced

1/2 small red onion, chopped

1 teaspoon minced garlic

1/4 cup chopped fresh cilantro leaves

Salt and pepper

Directions:

Put all ingredients in a medium bowl and mix thoroughly.

Taste and adjust the seasoning.

Serve immediately or cover and refrigerate for up to a day.

Nutrient Information:

Amount: 1 serving

Calories

10

Total Fat

1 g

Saturated Fat

0 g

Cholesterol

0 mg

Sodium

102 mg

Total Carbohydrate

2 g

Dietary Fiber

1 g

Total Sugars

1 g

Added Sugars included

0 g

Protein

0 g

Vitamin D

0 mg

Calcium

10 mg

Iron

0 mg

Potassium

84 mg