

Spring Radish Salad

Prep time: 5 min
Makes: 4 servings



Ingredients:

1 bunch of red radishes, about 1 1/2 cups finely chopped
(choose a variety that suits your taste)
1/2 bunch of parsley, about 1/2 cup finely chopped
1 Tablespoon. lemon juice
1 Tablespoon olive oil
1 pinch of pepper
2 pinches of salt

Directions:

1. Wash the radishes and remove the stems and any long roots. Finely cube the radishes into tiny pieces.
2. Wash the parsley and gently shake it or pat it dry. Finely mince the parsley.
3. Place the cubed radishes and minced parsley in a small salad bowl.
4. Add the lemon juice, salt and pepper. Toss gently.
5. Add the olive oil and toss again.
6. Taste the salad and make adjustments to your liking. (I sometimes add a little bit more lemon juice and salt).

Nutrient Information:

Amount: 1 serving	Sodium	Protein
Calories	61 mg	1 g
40	Total Carbohydrate	Vitamin D
Total Fat	2 g	0 mg
31g	Dietary Fiber	Calcium
Saturated Fat	1 g	22 mg
4g	Total Sugars	Iron
Cholesterol	1 g	1 mg
0 mg	Added Sugars included	Potassium
	0 g	147 mg