

## Sautéed Radishes

From Eat.Move.Save, Illinois Extension Offices

<https://eat-move-save.extension.illinois.edu/eat/recipes/sauteed-radishes>

*Note: For red radishes, look for those that are brightly colored, smooth and without cuts or soft spots. Look for fresh greens that are not wilted.*

### Ingredients

- 1 tablespoon vegetable oil
- 1 to 2 bunches radishes (about 1 pound with tops), trimmed and each cut into quarters or halves if small
- ¼ teaspoon salt
- 1/8 teaspoon ground black pepper
- 1 tablespoon fresh dill, chopped

### Instructions

1. Heat oil in nonstick 12 inch skillet over low-medium heat.
2. Add radishes, salt and pepper to skillet. Cook 14 to 15 minutes or until radishes are fork tender and lightly browned.
3. Remove skillet from heat. Toss radishes with dill and transfer to serving bowl.

**Makes 4 servings**

### Nutrition information per serving

Calories: 45	Dietary Fiber: 2g
Total Fat: 3g	Sodium:
Saturated Fat:	Protein: 210mg
Cholesterol:	Carbohydrates: 4g