

OVEN-ROASTED RADISHES AND PEAS

Source: Food Hero

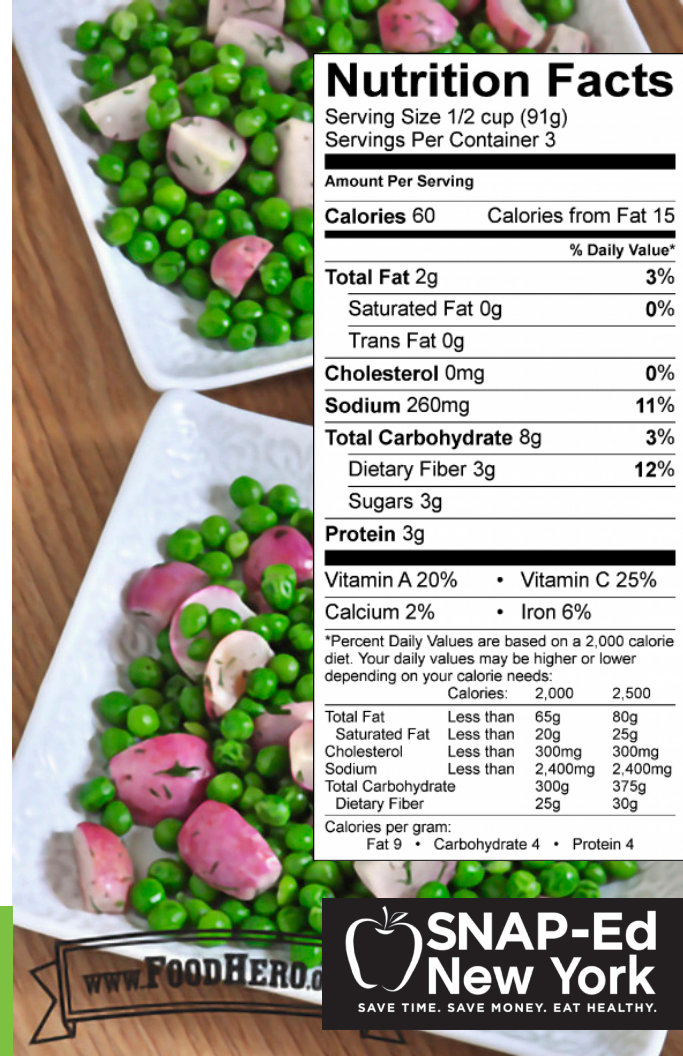
Ingredients:

- 1 bunch radishes, (approximately 10 radishes) washed, trimmed and cut into quarters
- 2 teaspoons vegetable oil
- ¼ teaspoon salt
- 1 cup peas (fresh, thawed from frozen, or canned and then drained)
- ¼ teaspoon pepper
- 1 Tablespoon lemon juice
- 1 teaspoon dried dill (optional)

Directions:

1. Preheat oven to 450 degrees.
2. In a rimmed baking sheet, mix radishes with oil, salt and pepper. Roast in the oven for 10 minutes.
3. Sprinkle peas over the radish mixture and roast until peas are heated through.
4. Remove from oven and sprinkle with lemon juice and dill, if desired.
5. Refrigerate leftovers within 2 hours.

Southern Tier SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program- SNAP. SNAP provides nutrition assistance to people with low income. To find out more, go to www.myBenefits.ny.gov or contact 1-800-342-3009. This institution is an equal opportunity provider.



Nutrition Facts

Serving Size 1/2 cup (91g)
Servings Per Container 3

Amount Per Serving

Calories 60 **Calories from Fat 15**

% Daily Value*

Total Fat 2g **3%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 260mg **11%**

Total Carbohydrate 8g **3%**

Dietary Fiber 3g **12%**

Sugars 3g

Protein 3g

Vitamin A 20% • **Vitamin C 25%**

Calcium 2% • **Iron 6%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

