



Supported by the City of Minneapolis through funding from the Statewide Health Improvement Program, Minnesota Department of Health

EVERYBODY NEEDS HEALTHY FOOD

Radish Curry

Servings 4

Clean the radishes and cut them as you would slice an apple. Clean the leaves, if you want to use them in the dish.

INGREDIENTS

- 6-8 radishes
- Radish greens
- 1 small onion, sliced
- 2-3 garlic clove,s crushed
- 8 smalll green chilis , crushed
- 1 tsp tumeric
- 1 tsp curry powder
- 2 TBSP olive oil
- Salt and pepper, to taste

In a pan, add some oil. Add onions. Saute for 3-5 mins till edges of the onions turn slightly brown.

Add the crushed garlic and chilis, turmeric, and curry powder. Saute for about a minute or even less.Add the radishes, mix well and add salt. Cook covered for about 3-4 mins.

Once the radish seems soft, remove the lid and crank up the heat. Saute on high heat for a couple more minutes. The radishes will be soft yet crunchy.

After you remove the radishes onto a plate, in the same pan quickly saute the leaves for a few seconds and add it to the top of the radishes.

The health benefits of radishes
Vitamin C, Folic Acid, &
Anthocyanins make radishes
cancer-fighting food



Supported by the City of Minneapolis through funding from the Statewide Health Improvement Program, Minnesota Department of Health

EVERYBODY NEEDS HEALTHY FOOD

Radish Curry

Servings 4

Clean the radishes and cut them as you would slice an apple. Clean the leaves, if you want to use them in the dish.

INGREDIENTS

- 6-8 radishes
- Radish greens
- 1 small onion, sliced
- 2-3 garlic clove,s crushed
- 8 smalll green chilis , crushed
- 1 tsp tumeric
- 1 tsp curry powder
- 2 TBSP olive oil
- Salt and pepper, to taste

In a pan, add some oil. Add onions. Saute for 3-5 mins till edges of the onions turn slightly brown.

Add the crushed garlic and chilis, turmeric, and curry powder. Saute for about a minute or even less.Add the radishes, mix well and add salt. Cook covered for about 3-4 mins.

Once the radish seems soft, remove the lid and crank up the heat. Saute on high heat for a couple more minutes. The radishes will be soft yet crunchy.

After you remove the radishes onto a plate, in the same pan quickly saute the leaves for a few seconds and add it to the top of the radishes.

The health benefits of radishes
Vitamin C, Folic Acid, &
Anthocyanins make radishes a
cancer-fighting food



Supported by the City of Minneapolis through funding from the Statewide Health Improvement Program, Minnesota Department of Health

EVERYBODY NEEDS HEALTHY FOOD

Radish Curry

Servings 4

Clean the radishes and cut them as you would slice an apple. Clean the leaves, if you want to use them in the dish.

INGREDIENTS

- 6-8 radishes
- Radish greens
- 1 small onion, sliced
- 2-3 garlic clove,s crushed
- 8 smalll green chilis , crushed
- 1 tsp tumeric
- 1 tsp curry powder
- 2 TBSP olive oil
- Salt and pepper, to taste

In a pan, add some oil. Add onions. Saute for 3-5 mins till edges of the onions turn slightly brown.

Add the crushed garlic and chilis, turmeric, and curry powder. Saute for about a minute or even less.Add the radishes, mix well and add salt. Cook covered for about 3-4 mins.

Once the radish seems soft, remove the lid and crank up the heat. Saute on high heat for a couple more minutes. The radishes will be soft yet crunchy.

After you remove the radishes onto a plate, in the same pan quickly saute the leaves for a few seconds and add it to the top of the radishes.

The health benefits of radishes
Vitamin C, Folic Acid, &
Anthocyanins make radishes a
cancer-fighting food



Supported by the City of Minneapolis through funding from the Statewide Health Improvement Program, Minnesota Department of Health

EVERYBODY NEEDS HEALTHY FOOD

Radish Curry

Servings 4

Clean the radishes and cut them as you would slice an apple. Clean the leaves, if you want to use them in the dish.

INGREDIENTS

- 6-8 radishes
- Radish greens
- 1 small onion, sliced
- 2-3 garlic clove,s crushed
- 8 smalll green chilis , crushed
- 1 tsp tumeric
- 1 tsp curry powder
- 2 TBSP olive oil
- Salt and pepper, to taste

In a pan, add some oil. Add onions. Saute for 3-5 mins till edges of the onions turn slightly brown.

Add the crushed garlic and chilis, turmeric, and curry powder. Saute for about a minute or even less.Add the radishes, mix well and add salt. Cook covered for about 3-4 mins.

Once the radish seems soft, remove the lid and crank up the heat. Saute on high heat for a couple more minutes. The radishes will be soft yet crunchy.

After you remove the radishes onto a plate, in the same pan quickly saute the leaves for a few seconds and add it to the top of the radishes.

The health benefits of radishes
Vitamin C, Folic Acid, &
Anthocyanins make radishes a
cancer-fighting food