

Daikon Radish Roast

Discover the sweeter side of daikon radish. This simple side dish will delight your taste buds and brighten any meal.

Makes: 6 servings
 Prep Time: 10 minutes
 Cook Time: 60 minutes

Source:
<https://extension.illinois.edu/blogs/simple-nutritious-quick-and-delicious/2021-06-25-ask-your-local-growers-about-daikon-radishes>



Small Changes,
 BIG Difference!

Ingredients

- 3 daikon radishes
- 16 oz. baby carrots
- 1 whole onion
- 1 fresh garlic clove
- 1 1/2 Tablespoons olive oil
- 1/4 teaspoon pepper
- 1/4 teaspoon salt

Directions

1. Preheat oven to 350°F.
2. Lightly drizzle 1 tablespoon olive oil over a flat baking pan.
3. Wash and remove top and root ends of daikon radish. Peel radishes with a vegetable peeler and cut into slices that are a quarter-inch thick. Spread slices evenly on baking pan.
4. Peel and chop onion; spread onion and carrots along with the radish on the baking pan.
5. Peel and mash clove of garlic and sprinkle over top of vegetables. Season vegetables with salt and pepper and drizzle with additional 1/2 Tablespoon olive oil.
6. Bake in oven until radishes are tender, about 45-60 minutes, stirring occasionally.



Nutrition Information	
Serving Size: 1/6 of recipe	
Nutrients	Amount
Calories:	100
Total Fat:	3.5 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	190 mg
Total Carbohydrates:	15 g
Dietary Fiber:	5 g
Total Sugars:	0 g
Added Sugars:	0 g
Protein	2 g

Utensils Needed

- Measuring spoons
- Baking pan
- Vegetable peeler
- Cutting board
- Sharp knife



SHOPPING LIST

Average total cost without oil and seasonings: \$4.97

Average cost/serving: \$0.83

Recipe makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients



Add 3 to Cart
Daikon Radish



Add 1 to Cart
16 oz bag baby carrots



Add 1 to Cart
Onion



Add 1 to Cart
Garlic bulb

SAVE TIME, SAVE MONEY

My Cooking Notes

Storage Tips

- Serve immediately.
- Refrigerate any leftovers within 2 hours.
- Store radishes in a plastic bag in the refrigerator for 10-14 days. If the greens are still on them, remove them first before storing.
- Store the greens unwashed in a plastic zip-closed bag with a damp paper towel in the crisper drawer.

Cooking Tips

- You can use the greens to make pesto or throw them in soups.
- Like carrots, daikon radishes don't need to be peeled, but they do need a good scrub with a clean vegetable brush. You may still peel them if you wish.
- Use them in stir-fry, kimchi or pickle them. Raw daikon radishes are delicious in salads and slaws.



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