

**FARM TO CAMPUS MARKET
DINING SERVICES PRESENTS:**

**SWEET, SALTY & SPICY
WATERMELON RADISH**

I N G R E D I E N T S

1 lb. Fresh Rainbow Radish
1/2 cup Granulated Sugar
1/2 cup Water
1 Tb. + 1/2 tsp. Cracked Black Pepper
1 oz. (about 2 Tb.) Tajin

Makes about 8- 2oz. portions

T I P S & T R I C K S

This recipe is a great way to increase your vegetable intake. Eat as a snack any time of the day or as a side!

Don't have certain ingredients? Try these swaps!

-Swap other daikon radishes in place of rainbow variety

-Make your own Tajin:

1 tb. Chili Powder

1 tsp. Lime Zest or Lime Juice

1/4 tsp. Salt

R E C I P E D I R E C T I O N S

1. Wash and peel watermelon radishes.
2. Cut into 1/4 inch wedges and place into cold water.
3. Meanwhile, make a syrup by combining sugar, water and pepper in a stainless steel pot.
4. Bring the syrup to a simmer for 3 minutes.
5. Drain water from radishes and add to the hot syrup.
6. Bring mixture back up to a simmer, then remove from heat. Drain syrup from radishes, and cool the radishes to room temperature before refrigerating.
7. When you're ready to serve, sprinkle radishes with Tajin.

W H Y I T ' S " S M A R T "

1. Radishes are a good source of fiber, which supports your gut health.
2. The bright pink coloring of watermelon radishes are an indicator that they contain phytochemicals that help reduce the risk of cancers.
3. Radishes are also a good source of essential nutrients, like calcium, potassium and vitamin C.

eating smart



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