

# Radish



Radishes come in different forms varying in size and color. Their biting pungent flavor comes from isothiocyanate compound in them, which ranges from mild in case of white-icicles to be very hot in red globe and other pigmented radishes. Another antioxidant compound called sulforaphane has a proven role against prostate, breast, colon and ovarian cancers by virtue of its cancer-cell growth inhibition, and cyto-toxic effects on cancer cells. Fresh roots are rich in vitamin C; a powerful water soluble anti-oxidant required by the body for synthesis of collagen. Vitamin C helps the body scavenge harmful free radicals, lower inflammation and help boost immunity. In addition, radishes contain adequate levels of folates, vitamin B-6, riboflavin, thiamin and minerals such as iron, magnesium, copper and calcium.

## **Pickled Radishes**

yield 4 cups

### **Ingredients**

2 cups sliced radishes  
2 small onions, cut into thin wedges and separated  
1 medium carrot, shredded  
1 cup seasoned rice vinegar  
3/4 cup sugar  
3 tsp salt  
1 tsp crushed red pepper

### **Directions**

1. Slice radishes by hand or use the slicing blade of a food processor or mandoline. Place radish slices, onions and carrots into a large bowl or quart sized glass jars.
2. Mix together vinegar, sugar, salt, and red pepper in a bowl until sugar is dissolved. Pour evenly over radish mixture.
3. Cover and refrigerate at least 8 hours or overnight before serving. These can be stored, sealed in the refrigerator for 2-3 weeks.