



The Edible Garden

Recipe featured at the *Cooking for Your Health* demonstration, June 23

Summer Radishes and Spinach

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Makes about 2 portions

Ingredients

1 bunch of radishes (approximately 6 radishes)
2 cups fresh spinach
Olive oil
Red wine vinegar
Salt and pepper to taste

Instructions

- Remove radish bulbs from greens and slice thinly. Place greens aside for later.
- Heat a little olive oil in a sauté pan. If using a non-stick pan, just add enough for flavor. Add radishes and spinach. Cook over medium heat, stirring occasionally.
- When the spinach starts to wilt add a splash of red wine vinegar. The vinegar will be absorbed by the vegetables and add a subtle, tart flavor.
- When the radishes become translucent, remove from heat. Salt and pepper to taste and enjoy.
- For an additional dish, trim and clean radish greens and sauté with a little olive oil. Salt and pepper to taste.