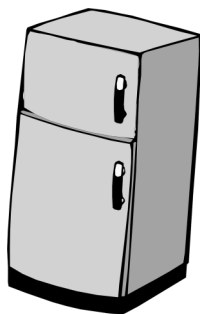


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FOOD SAFETY TIP

Safely thaw frozen items in the fridge overnight, instead of on the counter.



Thawing in a refrigerator allows foods to thaw without becoming warm, preventing the growth of harmful bacteria.

Radishes

Radishes are a root vegetable. Radishes will grow from seeds after about a month and they are easy to grow. If you've been looking for a vegetable you can grow in your own home this is a good place to start! They are grown as a catch crop, meaning they are planted between the growth of other crops in a field to prevent the washing away of minerals in the soil. Radishes are generally eaten raw and have a slightly bitter flavor and nice crunch. They are great to add into salads, have on sandwiches, and to eat with dip.



Radishes, like most vegetables, are full of fiber. They come in several varieties which grow during different seasons and in different parts of the world. Radishes that are more common in the United States are red on the outside and white on the inside. These are relatively small and round, and able to fit in the palm of your hand, while some varieties like the daikon radish are oblong shaped and can grow over 3 feet long!

In addition to eating them raw, roasting radishes is a great way to add some more vegetables to your day. Check out the recipe on the next page for roasted radishes.

Nutrient Highlight: Vitamin C

In particular, radishes are a great source of vitamin C, also known as ascorbic acid. One cup of radishes has nearly 30% of your daily recommended intake of vitamin C. Vitamin C can also help prevent iron deficiency because it is a key player in the absorption of iron. Vitamin C is a water soluble vitamin, as opposed to a fat soluble vitamin. This means it needs to be replenished daily, so it is important to make sure you eat foods with vitamin C in them as many days of the week as possible. Other good sources of vitamin C include oranges, strawberries, and bell peppers.

Recipe Facts

Amount Per Serving

Calories 46

Calories from Fat 27

% Daily Value*

Total Fat 3g 5%

Saturated Fat 2g 10%

Trans Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 1g

Cholesterol 8mg 3%

Sodium 276mg 12%

Potassium 274mg 8%

Total Carbohydrates 4g 1%

Dietary Fiber 2g 8%

Sugars 2g

Protein 1g 2%

Vitamin A 3%

Vitamin C 19%

Vitamin D 4%

Calcium 3%

Iron 2%

* Percent Daily Values are based on a 2000 calorie diet.

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Radishes Roasted with Garlic

Try roasting radishes this fall to add some more fiber and vitamin C to your diet!



Ingredients:

- 1 pound of radishes, trimmed and halved
- 1 tablespoon melted butter
- ½ teaspoon salt
- ¼ teaspoon pepper
- 2-3 garlic cloves, finely minced
- ¼ teaspoon dried parsley

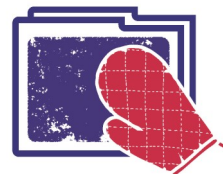
Directions:

1. Preheat oven to 425°F.
2. Add the cut radishes to a large mixing bowl and stir in the melted butter, salt and pepper.
3. Empty the bowl onto a baking sheet and spread the radishes evenly over it. Bake the radishes for about 10 minutes, then turn them over once so they cook evenly. Bake another 15 minutes.
4. When the radishes are soft and cooked through, add the garlic and parsley and cook for an additional 5 minutes.
5. Serve hot and enjoy!

Yield: 4 servings

Recipe adopted from Food & Nutrition Magazine

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What Can You Do With ... Cauliflower?

Shopping: Cauliflower can be purchased fresh in the produce section or found bagged in the frozen foods aisle.

Storing: Store fresh cauliflower in the refrigerator for up to a week. Frozen cauliflower can be stored in the freezer and for best quality and taste, should be used within a few months. If you have fresh cauliflower you aren't going to use up, cut it into florets and freeze it on a baking sheet. Once frozen, transfer to it a plastic bag and store in the freezer until you're ready to use it.



Preparation: As with all fresh produce, be sure to wash your cauliflower before you begin cooking. Frozen cauliflower may or may not need to be thawed before cooking depending on how you are using it. When using frozen cauliflower be sure to use a recipe that specifies the cauliflower frozen to avoid soggy meals.

Cooking: Cauliflower can be cooked in a variety of ways. It can be steamed, roasted, cooked into soups, and used as a side to a main dish.

Nutrition: Cauliflower is another food that is a good source of vitamin C! Cauliflower is low in sodium and has virtually no fat.

Fun Fact: The part of a cauliflower plant commonly eaten is actually the plant's flower. If left alone to grow, the pieces we eat eventually develop seeds.

Cauliflower Potato Soup

Ingredients

2 tablespoons margarine
 1 cup chopped onion
 4 ½ cups chopped cauliflower
 4 cups peeled and diced potatoes
 ¾ cup shredded carrots
 1 teaspoon caraway seeds
 6 cups low-sodium chicken broth
 ½ teaspoon salt

Yield: 6 servings

Directions:

1. Melt margarine in a large saucepan. Add chopped onions and cook until lightly brown.
2. Add cauliflower, potatoes, carrots and caraway seeds, stirring constantly for 4-5 minutes.
3. Add remaining ingredients and bring to a boil. Reduce heat, cover, and simmer for about 15 minutes until vegetables are tender.
4. Optional: Place in a blender with a lid and puree until smooth. BE CAREFUL! Hot liquid will pop the lid off a blender if there's no escape for the steam. Place the lid slightly ajar over the blender, then use a folded dish towel to gently hold it down. This will help prevent splatter and burns.

Tips: Shopping for Frozen Vegetables

Buying frozen fruits and vegetables can be more convenient than buying fresh. Frozen foods keep longer and are frozen right after they have been picked so they are often more nutritious than fresh. Having bags of frozen foods in your freezer when you get home is a great way to store produce long term, but still have the ability to make a quick meal for dinner. Often, frozen fruits and vegetables are also less expensive than buying fresh.



- When shopping for frozen foods, look for bags that only have frozen produce in them. Make sure there are no added fats or salts.
- Buy a variety of frozen foods, but not so much that you forget what you have in your freezer.
- Look for bags that are re-sealable or use re-sealable bags to store any leftovers you don't use after opening the bag.



70 South Bay Avenue
Boston, MA 02118
Phone: 617-427-5200
E-mail: nutrition@gbfb.org
www.gbfb.org

**Everyone has a role in ending hunger
in our community. SM**

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November 2019

National Doughnut Day
November 5

Veteran's Day
November 11

National Pickle Day
November 14

Thanksgiving
November 28