#### What To Do With Radish Leaves?

Don't throw out your radish leaves or stems! Both parts of the radish are slightly spicy and edible.

The stem might be tough to eat raw, but cooking makes the stems tender and palatable.

Before eating, make sure to clean the leaves and stems thoroughly. Chop the leaves and stems.

To prepare, sautee the greens with garlic in a frying pan at medium high heat. Cook for about 3 minutes then add some water, 1/2 tbsp mirin, 1 tbsp soy sauce, and a dash of sugar, salt, and sesame oil. Enjoy as a side dish!

### 萝卜 Daikon Radish

可以通过减缓消化和增加饱腹感 来促进体重减轻

May promote weight loss by slowing digestion and increasing fullness

富含保护性植物化合物,可以改善健<sub>尾</sub> 并提供针对某些疾病的保护。

Rich in protective plant compounds that may improve health and offer protection against certain diseases.



不要扔掉你的萝卜叶或茎!这都可以 食用,味道微辣。

茎可能很难生吃,但烹饪会使茎变得 柔软可口。

吃之前,一定要仔细清洗叶子和茎, 然后切碎叶子和茎。首先用中高温在 煎锅中把萝卜和大蒜炒。3 分钟以后 加入一些水,1/2 汤匙味醂,1 汤匙酱 油和少许糖、盐和麻油。 这可以作 为配菜享用!



季节:9/10月 Season: Sept./Oct.

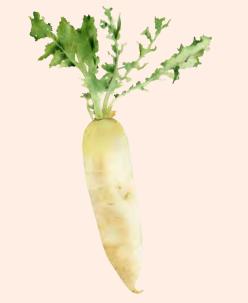
钙、镁、钾和铜的极佳来源

**C**.....

Excellent source of calcium, magnesium, potassium, and copper

<u>每 100 克</u> <u>PER 100 GRAMS:</u> 18 卡路里 0.6g 蛋白质 18 calories 0.6g protein 0.1g 脂肪 1.6g 纤维 0.1g fat 1.6g fiber 4.1g 碳水化合物, 2.5g 总糖 4.1g carb, 2.5g total sugars

# 吃得好,保持健康! Eat Well, Stay Healthy!



蔬菜聚光灯**:** 萝卜

# Vegetable Spotlight: Daikon Radish



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# 萝卜味噌汤 (3人份) Daikon Miso Soup (serves 3)



- •2片白萝卜叶,切碎
- ½ 根白萝卜,切成一小块
- ½ 包嫩豆腐,切丁
- 3-4杯水
- 2汤匙味噌酱
- ½ 片干海带(昆布)
- 3个葱,切碎

## INGREDIENTS

- 2 daikon leaves, chopped
- <sup>1</sup>/<sub>3</sub> daikon radish, chopped into bite size pieces
- $\frac{1}{2}$  package soft tofu, cubed
- 3-4 cups water
- 2 tbsp miso paste
- 1/2 sheet dried kelp
- 3 scallions, chopped



- 1.在锅中,加入白萝卜、干海 带和水煮沸,转中火煮5-7分 钟。
- 2.加入萝卜叶和豆腐,煮1分 钟。从汤中取出海带。
- 3.关火,加入味噌,搅拌至溶 解,以自己喜欢的口味做调 味,加入葱花,尽情享用 吧!

## INSTRUCTIONS

- In a pot, bring the daikon radish, dried kelp, and water to a boil. Lower heat and cook for 5-7 min.
- 2. Add in daikon leaves and tofu and cook for 1 min. Remove the dried kelp from the soup.
- 3. Turn off the heat, add miso, and stir until it dissolves. Taste and adjust seasoning. Top with scallions and enjoy!



厨师小建议

如果你的白萝卜尝起来有点 苦,不用担心!这不是因为它 变质了,而是由于植物生长过 程中的压力。为了减少它的苦 味,可以在白萝卜上加盐,静 置大约 5 分钟,清洗后再食 用。或者也可以清蒸后食用。

#### CHEF'S TIP

If your daikon tastes slightly bitterdon't worry! This is not because it is spoiled- it is due to plant stress during growth. To reduce its bitterness, try salting the daikon and allowing it to sit for around 5 minutes before washing. Alternatively, you can steam the daikon.