

# TRY IT TUESDAY: RADISHES



Every Tuesday, we challenge you to try a new food! For each new food, there are three different activity levels. Each level gets harder as you go; Cook, Sous Chef, and Head Chef.

## Health Benefits of Radishes:

- Can help regulate blood sugar levels.
- Good source of vitamin C.
- Support heart health.
- Good source of fiber.
- Contain antioxidants.



## Cook Challenge:

- Try a radish. Brainstorm ways you could include radishes in your diet.



## Sous Chef Challenge:

- Visit [chefs.org/recipes](https://chefs.org/recipes) and choose one of our recipes featuring radishes. Make the recipe at home and enjoy with your family!
  - Japanese Edamame Salad
  - Radish Cucumber Salad
  - Toasted Quinoa Chicken Bowl

## Head Chef Challenge:

- Create your own recipe using radishes!

