

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



**Sauteed Radishes with Dill
Makes 4 servings**

Ingredients:

2 teaspoon canola oil

1 teaspoon butter

¼ cup minced onion

3 cups thinly sliced radishes

Pinch salt

1 tablespoon fresh dill or 1 teaspoon dried dill

Directions:

Heat oil and butter in a large saute pan. Add radishes; saute until tender-crisp, about 5 minutes. Season with salt and pepper. Stir in chopped dill. Serve.

Nutritional Information per serving:

Calories: 102 Carbohydrates: 10g

Total Fat: 4g Cholesterol: mg

Saturated Fat: 1g Dietary Fiber: 2g

Sodium: 156mg Protein: 3g