

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，可以改善健康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.



萝卜叶怎么办?

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!



吃得好, 保持健康! Eat Well, Stay Healthy!



蔬菜聚光灯: 萝卜

Vegetable Spotlight: Daikon Radish

季节: 9/10月

Season: Sept./Oct.

钙、镁、钾和铜的极佳来源

Excellent source of calcium, magnesium, potassium, and copper

每 100 克

PER 100 GRAMS:

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

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萝卜味噌汤 (3人份)

Daikon Miso Soup (serves 3)

食材

- 2片白萝卜叶，切碎
- 1/3 根白萝卜，切成一小块
- 1/2 包嫩豆腐，切丁
- 3-4杯水
- 2汤匙味噌酱
- 1/2 片干海带（昆布）
- 3个葱，切碎

INGREDIENTS

- 2 daikon leaves, chopped
- 1/3 daikon radish, chopped into bite size pieces
- 1/2 package soft tofu, cubed
- 3-4 cups water
- 2 tbsp miso paste
- 1/2 sheet dried kelp
- 3 scallions, chopped

做法步骤

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，尽情享受吧！

INSTRUCTIONS

1. 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 bitter- don'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.