



Cornell University
 Cooperative Extension
 New York City



Celery and Radish Salad
 Yields 5 servings (2/3 cup each)

Ingredients

- 1 radish bunch, chopped into fine slices
- 4 celery stalks, chopped
- 2 tomatoes, chopped
- ½ cup cilantro, chopped, or ½ cilantro bunch
- 4 tablespoons fresh lime juice or juice from 1 lemon
- 1 tablespoon olive oil
- ¼ teaspoon table salt
- ¼ teaspoon black pepper, optional

Instructions

1. First chopped radishes into thin slices. Put chopped radishes to a bowl. Add fresh lime juice, olive oil, and salt to the radishes. Let it stand for 2 minutes.
2. Add chopped celery, tomatoes, and cilantro to the bowl with radish. Mix well.
3. Serve immediately or keep refrigerated.

Helpful Information

- Radishes are root vegetables that come in a variety of colors such as red, white, white and pink, purple and black. Radish leaves are nutritious and can be eaten raw in a salad or in a stir-fry. The greens from one bunch of radishes can provide about 2 cups of chopped greens.
- Radishes have a good amount of vitamin C that protects your cells from damage. Celery is high in fiber which helps with digestion and antioxidants which help lower risk of cancer.
- Choose celery with pale green stalks that are tightly-packed and crisp enough to snap off with minimal effort. Avoid stalks with wilted leaves. Store celery in a plastic bag or foil in the refrigerator.

Source: CUCE-NYC FMNP Recipe Collection 2021

To find farmers’ market recipes, please go to: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

To find recipe videos, please visit our YouTube channel at: **Farmers Market Recipes CCE NYC**

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

This material was funded in part by USDA’s Expanded Food and Nutrition Education Program.

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Nutrition Facts	
servings per container	5 servings
Serving size	2/3 cup
Amount per serving	
Calories	50
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 170mg	7%
Total Carbohydrate 5g	2%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 29mg	2%
Iron 0mg	0%
Potassium 314mg	6%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	
<small>Label analysis based on ingredients listed.</small>	





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Ensalada de Apio y Rábano

Rinde 5 porciones (2/3 taza cada una)

Ingredientes

- 1 racimo de rábano, picado en rodajas finas
- 4 tallos de apio, cortados
- 2 tomates, cortados
- ½ taza de cilantro, picado, o ½ racimo de cilantro
- 4 cucharadas de jugo de limón o jugo de 1 limón
- 1 cucharada de aceite de oliva
- ¼ cucharadita de sal
- ¼ cucharadita de pimienta negra, opcional

Instrucciones

1. Primero corte los rábanos en rodajas finas. Luego ponga los rábanos en un tazón. Agregue jugo de limón fresco, aceite de oliva, y sal a los rábanos. Déjelos reposar por 2 minutos.
2. Agregue el apio picado, los tomates, y el cilantro al tazón con los rábanos. Mezcle bien.
3. Sirva inmediatamente o manténgalo refrigerado.

Información Útil

- Los rábanos son vegetales de raíz con una variedad de colores tales como rojo, blanco, blanco y rosado, morado y negro. Las hojas de los rábanos son nutritivas y se pueden comer crudas en una ensalada o en un salteado. Las hojas de un manojo de rábanos dan alrededor de 2 tazas de hojas verdes picadas.
- Los rábanos tienen una buena cantidad de vitamina C la cual protege a las células de daños. El apio tiene mucha fibra lo cual ayuda con la digestión y antioxidantes que reducen el riesgo de tener cáncer.
- Escoja apio que tenga tallos de color verde claro y que sean tan firmes que se puedan arrancar con facilidad. No use tallos que tienen hojas marchitas. Guarde apio en una bolsa plástica o en papel de aluminio en el refrigerador.

Source: CUCE-NYC FMNP Recipe Collection 2021

Por favor vea recetas de los mercados en nuestro sitio web: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

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