

HEALTHY POST HOLIDAY RECIPES

Cooking has never been this easy.

Dominican University Head Start Nutrition Services Funded by Chicago
Department of Family and Support Service - Children Services





Oven Roasted Radishes with Peas

ADAPTED BY DOM UNIVERSITY FROM

[HTTPS://WWW.FOODHERO.ORG/RECIPES/OVEN-ROASTED-RADISHES-PEAS](https://www.foodhero.org/recipes/oven-roasted-radishes-peas)

Ingredients

- 1 bunch radishes, (approximately 10 radishes) washed, trimmed and cut into quarters
- 2 teaspoons vegetable oil
- ¼ teaspoon salt
- 1 cup peas (fresh, thawed from frozen, or canned and then drained)
- ¼ teaspoon pepper
- 1 Tablespoon lemon juice
- 1 teaspoon dried dill (optional)

Directions

1. Preheat oven to 450 degrees.
2. In a rimmed baking sheet, mix radishes with oil, salt and pepper. Roast in the oven for 10 minutes.
3. Sprinkle peas over the radish mixture and roast until peas are heated through.
4. Remove from oven and sprinkle with lemon juice and dill, if desired.
5. Refrigerate leftovers within 2 hours.
6. Serves 4. Enjoy!



Rábanos Asados al Horno con Guisantes

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Ingredientes

- 1 manojo de rábanos (aproximadamente 10 rábanos) lavados, recortados y cortados en cuartos
- 2 cucharaditas de aceite vegetal
- ¼ de cucharadita de sal
- 1 taza de guisantes (frescos, descongelados o enlatados y luego escurridos)
- ¼ de cucharadita de pimienta
- 1 cucharada de jugo de limón
- 1 cucharadita de eneldo seco (opcional)

Direcciones

1. Precaliente el horno a 450 grados.
2. En una bandeja para hornear con borde, mezcle los rábanos con aceite, sal y pimienta. Ase en el horno durante 10 minutos.
3. Espolvoree los guisantes sobre la mezcla de rábanos y ase hasta que los guisantes estén bien calientes.
4. Retirar del horno y espolvorear con jugo de limón y eneldo, si lo desea.
5. Refrigere las sobras dentro de las 2 horas.
6. Para 4 personas. ¡Disfruta!