Taste and Savor

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4

1 Quick Recipe:

Roasted Radish Toast

4 to 8 Slices Rustic Whole Wheat Bread
1 TB and 1 Tsp Extra Virgin Olive Oil, divided
Sea Salt and Freshly Ground Black Pepper to taste
1 Bunch Radishes, halved or quartered
2-3 Oz Goat Cheese, Softened
2 TB Chopped Parsley

Step One Spray or brush the bread with 1 tsp of oil and sprinkle with salt and pepper. Broil, or place over a gas flame until toasted.

Step Two Toss the radishes with the remaining 1 TB of oil and sprinkle with salt and pepper. Place them on a sheet tray and slide into a 400F oven for 20 minutes or until browned on the edges and soft. While they are roasting, slather a couple of softened cheese on the toasts. When the radishes are done, remove from the oven and top the bread with the radishes, sprinkle with the parsley and serve.

2 Kitchen Scoop

Did you know that radishes are cousins to cabbage and other members of the Brassica family like cauliflower, broccoli and Brussels sprouts? A handful of radishes provide a surprising 25% of the daily recommended value of vitamin C and just like their cousins, they are a good source of fiber.

3 Clever Idea

Not only can you roast radishes, their spicy and peppery taste makes a good onion substitute for some recipes. Try using chopped radishes instead of chopped onions in your favorite dips, they add a different "pop" of crunchy , spicy flavor to the recipe.

4 Cheers!

Fernadez Gomez Rioja

Rioja, Spain
About $14

Rioja doesn't have to be red! This quaffable wine is made with a blend of Viura, Malvasia and Garnacha Blanca grapes. It has a bit heavier body that's perfect with roasted winter veggies, soups and stews. Still crisp and refreshing like lighter whites, but it brings a little more heft to the table.

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