

Daikon

pronounced DI-Kuhn or DI-cone

AKA: White radish, Japanese radish, Oriental radish, Chinese radish, lo bok, or Mooli.

Vegetable Subgroup: **Other**

Peak Season: **Winter**



"Radish in the winter, ginger in the summer, and the doctor's out of business."—Chinese folk saying

Looking much like an overgrown albino carrot, the daikon radish is definitely a unique veggie. Not as prevalent in Western markets, it is a staple food in Japan where it is often pickled or preserved. More mild than its red relative, however, this versatile cool-season root vegetable can be enjoyed eaten raw or easily cooked in any of a number of ways. It integrates well with other foods and is a great low-carb option full of vitamin C.

Preparation

Simply wash and prepare as called for in recipe or cut into strips or chips for relish tray. If necessary, peel skin as you would a carrot.

Storage

Wrap daikon radish tightly in plastic and refrigerate for up to 3 days.



Daikon radish can grow to anywhere from 5 to 20 inches in length and 2 to 4 inches wide



Nutrition Facts

Serving Size (30g)

Servings Per Container

Amount Per Serving

Calories 15 Calories from Fat 10

% Daily Value*

Total Fat 1g 2%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 1g 0%

Dietary Fiber 0g 0%

Sugars 0g

Protein 1g

Vitamin A 2% • Vitamin C 15%

Calcium 0% • Iron 0%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

| | Calories: | 2,000 | 2,500 |
|--------------------|-----------|---------|---------|
| Total Fat | Less than | 65g | 80g |
| Saturated Fat | Less than | 20g | 25g |
| Cholesterol | Less than | 300mg | 300mg |
| Sodium | Less than | 2,400mg | 2,400mg |
| Total Carbohydrate | | 300g | 375g |
| Dietary Fiber | | 25g | 30g |

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Daikon Salad

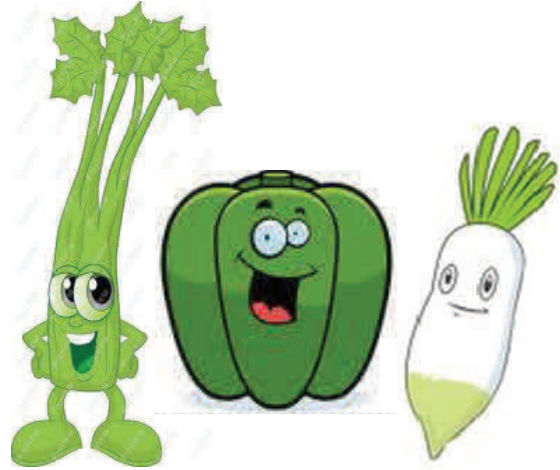
Makes: 4 servings

FOR THE SALAD

- 3 cups grated daikon
- 1 cup julienne green bell pepper
- 2 stalks celery, julienne
- 2 scallions, sliced thin

FOR THE DRESSING:

- 6 tablespoons olive oil
- 2 teaspoons sesame oil
- 1 clove garlic, minced
- 1/2 teaspoon peeled and grated fresh ginger root
- 1 teaspoon white vinegar (or lemon juice)
- 1/2 teaspoon soy sauce
- 4 anchovies, mashed (optional)



In a large salad bowl, combine all the salad ingredients and toss well to mix evenly. Refrigerate the salad while you prepare the dressing.

In a 12-ounce screw-top jar, combine all the dressing ingredients. Cover and shake well. Drizzle the dressing over the salad ingredients and toss well.

Serve immediately.

Source: The Carbohydrate Addict's No Cravings Cookbook, by Dr. Rachael F. Heller and Dr. Richard F. Heller

Braised and Glazed Daikon With Miso

Makes: 4 servings

- | | |
|--|--------------------------------------|
| 2 tablespoons butter or extra-virgin olive oil | 2 tablespoons miso |
| 1 tablespoon soy sauce | 2 tablespoons water or stock |
| 1 pound daikon, peeled and cut into chunks | Salt and freshly ground black pepper |
| 1/2 cup stock, white wine or water | |

Combine the butter or oil, soy sauce, radishes and stock in a saucepan, sprinkle with salt and pepper, and bring to boil. Cover and adjust the heat so the mixture simmers; cook until the radishes are tender, 15 to 20 minutes, checking once or twice and adding liquid as needed.

Uncover and raise the heat to boil off almost all the liquid, so that the vegetable becomes glazed in the combination of butter or oil and pan juices.

As the mixture becomes glazed, whisk together 2 tablespoons miso and water or stock; turn the heat under the radishes to low, add the miso mixture, stir, and heat very gently for a minute or so before serving.

Source: "How to Cook Everything," Mark Bittman

Daikon Radish Roast

This delicious side dish will go great with any meat!

This is a Fruits & Veggies—More Matters® recipe. It meets the Centers for Disease Control and Prevention’s strict nutrition guidelines as a healthy recipe.

Serves: 4

Cups of Fruits and Vegetables per Serving: 1 ½

Ingredients:

- 3 daikon radishes
- 16 oz. bag of baby carrots
- 1 whole onion
- 1 fresh garlic clove
- 1.5 Tbsp. extra virgin olive oil
- ¼ tsp. pepper
- ¼ tsp. salt



Directions:

1. Preheat oven to 350 degrees.
2. Lightly drizzle 1 Tbsp. olive oil over a flat baking pan.
3. Peel daikon radishes and cut into slices that are a quarter inch thick. Spread slices evenly on baking pan.
4. Chop onion into big chunks and evenly spread onion chunks and carrots along with the radish on the baking pan.
5. Mash clove of garlic and place on top of vegetables.
6. Season vegetables with salt and pepper and drizzle additional olive oil.
7. Bake in oven for about 45-60 minutes.

| Nutritional Information per Serving | |
|-------------------------------------|--------------------|
| Calories: 160 | Carbohydrates: 25g |
| Total Fat: 6g | Cholesterol: 0mg |
| Saturated Fat: 1g | Dietary Fiber: 7g |
| % of Calories from Fat: 31% | Sodium: 260mg |
| Protein: 3g | |



Ways to Enjoy Daikon Radish

Courtesy of fruitsandveggiesmorematters.org

- 10 **A New Kind of Coleslaw.** Enjoy shredded radish instead of cabbage in your next batch of homemade coleslaw. Try them in our Rainbow Slaw Salad recipe.
- 9 **Roast ‘em!** Add cubed daikon radishes to your next pot roast or pan of roasted vegetables. Try our Daikon Radish Roast recipe!
- 8 **Expand Your Garden.** Get your kids interested in fruits and veggies by helping them grow something. Radishes grow easily and your kids may even be persuaded to eat them after harvest.
- 7 **Slow Cooked.** Place daikon radishes in a baking pan or slow cooker with carrots, onions, garlic, low-sodium seasonings, low-sodium vegetable broth, lean meat and all of your favorite vegetables. Turn on low and let the juices and flavors start mixing for an all-in-one meal!
- 6 **Add More Vitamin C!** Mix one cup of fresh or frozen mango with ¼ cup carrot juice, sneak in ¼ cup of daikon radish, and add a handful of ice cubes. This adds vitamin C without changing the flavor!
- 5 **As a Substitute.** Use daikon radishes in any recipe that calls for radishes. Substitute them in our [Apple-Beet Salad](#), [Chicken Tortas](#), or our [Herb Potato Salad](#) recipes!
- 4 **Baked, Boiled or Steamed.** Use daikon radishes any way you would use a carrot, and then some. Try them baked or boiled in stews and soups or in a stir fry. Also try them lightly steamed with olive oil, salt or lemon juice for flavor.
- 3 **Eat ‘em Raw.** Slice daikon radishes and eat raw with a dip or peanut butter or add shredded raw Daikon radishes to salads.
- 2 **Radish ... Cake?** This traditional Japanese cake, also known as Daikon mochi, is made by combining shredded daikon radishes, rice flour, various shredded or chopped vegetables, and dried shrimp. To make a healthier version, create cakes and lightly sauté in olive oil until browned on each side.
- 1 **Homemade Asian Take-Out.** Combine sliced daikon radishes, brown rice, one egg, all of your other favorite vegetables, and a small amount of low-sodium soy sauce in a wok. Stir-fry then enjoy a simple Asian-flavored main dish.

