



Greenmarket Recipe Series

**Natural
Gourmet
Institute**

GARLICKY FRENCH BREAKFAST RADISHES & ASPARAGUS

Recipe by Natural Gourmet Institute

SERVES 6-8

Ingredients:

- 1 bunch of radishes* with greens (about 1/2 pound)
- 1 pound asparagus*
- 2 tablespoons extra virgin olive oil
- 4 thin stalks green garlic*, white ends minced (about 2 tablespoons)
- Pinch sea salt
- 2-3 sprigs fresh thyme, leaves only
- Pinch freshly ground black pepper
- Shaved parmesan cheese, optional

Directions:

1. Trim and save the greens from the radishes. Cut the radishes in half length-wise, then slice into ½-inch half-moons. Set aside.
2. Cut off tough bottom inch of the asparagus stems and discard ends. Cut spears into 1-inch pieces; set aside.
3. In a medium skillet, heat olive oil and garlic. Cook over medium-low high until tender, about 1 minute, being careful not to burn.
4. Add asparagus and salt; sauté over medium heat until tender-crisp, about 5-7minutes.
5. Add radishes and thyme; sauté until tender, about 2-3 minutes. Stir in radish greens until wilted, about 1 minute.
6. Sprinkle with fresh black pepper and optional parmesan, and serve.

Make It A Meal: Serve with baked white fish and short grain brown rice.

****Ingredients available seasonally at your neighborhood Greenmarket***

For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit www.growNYC.org.

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