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VEGAN MAGAZINE



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CONTACT Us

Call:

857-209-8525

Email:

kevin@onebitevegan.com

Website:

www.OneBiteVegan.com

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Grilled Radishes with Marinated Kale Salad

By Sarah Hayes

Confession, although I love vegetables, I am not a very good gardner. Seriously, no green thumbs for me, unless I just happen to be chopping salad greens. Thankfully, my husband knows his way around planting vegetables and we also have a wonderful local CSA we can belong to so I am never without fresh produce during spring and summertime!



Spring radishes are often the first vegetables planted in the spring because they love cooler weather and they often mature in only 21 days. A shorter time from seed to harvest means you can enjoy this dish as your first fresh from the garden spring meal!

So why grill radishes? Well it is not just because I have been known to try to grill about anything, but spring in West Michigan and many other cooler climates, means we are finally having nice weather and what better way to celebrate than by dusting off the grill cover. It just seems summary and the right thing to do. Another reason to grill radishes is because it removes the peppery taste and makes them tender and sweet.

I gotta admit. I wasn't a big fan of radishes before this. Something about the peppery crunch was off-putting to my taste buds. If that has made you avoid radishes in the past as well then this recipe is for you!

Our usual method is to slice them in half and marinate with other grilling vegetables such as zucchini, red pepper and mushrooms. You will want to have a grill basket, but you can usually find those at your local supermarket for less than \$15.

Marinating and then grilling your radishes, leaves them tender with a slight crunch. They are delicious! So next time when you are at your local farmer's stand, don't pass by the radishes, grab a bunch and try out this recipe! Atop the marinated kale, it is perfection.

A word about kale! The secret to enjoy curly kale is marinating it. The longer kale sits with a dressing and salt, the more tender the leaves will get. I find this easier on my palate as well as more delicious. I like to put the dressing on my kale in the morning and it is great by dinnertime!



THE ESSENTIALS:

- Marinade:
- 8 oz of radishes*
- 8 - 10 basil leaves
- 2 cloves of garlic
- 1 tsp mild olive oil**
- 1 tsp of dried parsley
- 1/8 tsp of salt
- 3-4 green onions, chopped

HOW TO:

Slice radishes in halve and place in bowl. Chop basil leaves, add to bowl. Add garlic, salt, olive oil and parsley. Mix well.*If you want to add other vegetables, we suggest 1 sliced zucchini, 1 red pepper and 1 sliced portabella mushroom and then double marinade recipe **If avoiding oil, substitute vegetable broth

Marinate for 30 minutes to a few hours.

Prepare grill and small grill basket for grilling. Grill on medium heat to your desired tenderness (If you are only grilling radishes, they should take about 10 minutes; if you have added other vegetables, it will take longer). Take off grill, toss with green onions.

Serve with Marinated Kale Salad - Recipe Below:

THE ESSENTIALS:

- 1 bunch of kale
- 2 Tblsp of lemon juice
- 1 Tblsp of tahini
- 3 garlic cloves minced
- 1 tsp garlic salt
- pinch of pepper

HOW TO:

De stem kale leaves and chop in small pieces. Place in large bowl. In separate bowl add remaining ingredients and stir until smooth. Pour dressing over kale and massage into the kale leaves. Marinate at least 6 - 8 hours. (I like to marinate the kale in the morning and it is ready for dinner!)

Enjoy!



ABOUT THE AUTHOR

Hi! I am Sarah from Bad to the Bowl a vegan plant based cooking blog. Bad to the Bowl is a collaboration between my college aged niece and myself. Even though we are miles apart, we can connect via our love of cooking! I am a wife, mom, recipe creator, red wine fanatic, podcast listening junkie and summer weather lover (which is ironic since I live in Michigan - not known for our warm weather exactly) Would love to connect with you and see how this dish turned out for you! Follow Sarah at- www.badtothebowl.com

