

Blackened Tilapia with Radish and Cucumber Salsa

weightwatchers.com

1 spray cooking spray
1.5 pounds uncooked farm raised tilapia
3 Tbsp blackening seasoning or to taste
5 medium radishes
1 medium cucumber, chopped
1/2 medium sweet red pepper, chopped
1 Tbsp fresh chopped cilantro
2 Tbsp fresh lime juice
1 tsp olive oil
1/8 tsp table salt
1/8 tsp black pepper

Coat a large nonstick sauté pan with cooking spray. Coat tilapia with blackening spice and cook over medium-high heat until fish flakes with a fork, about 2 to 3 minutes per side (do not over crowd fish in pan. Cook only as much fish as can fit in a single layer. Cook in batches if necessary.)

Slice each radish in half and then thinly slice into 1/2 moons. In a medium bowl, combine radishes, cucumber, red pepper, scallions, cilantro, lime juice and oil; season to taste with salt and pepper and serve over fish. Yields about 5 ounces of fish and a scant 1/2 cup of salsa per serving.

WeightWatcher Points Plus: 4

Boston Lettuce and Radish Salad

Katherine Anderson | www.foodandwine.com

1/4 cup extra-virgin olive oil

2 tablespoons sherry vinegar

1/2 teaspoon Dijon mustard

Salt and freshly ground black pepper

2 bunches radishes (about 20) – tops reserved for another use, radishes very thinly sliced

3 heads Boston lettuce, outer leaves discarded and tender inner leaves torn

In a large bowl, whisk the extra-virgin olive oil with the sherry vinegar and Dijon mustard and season with salt and freshly ground black pepper. Add the sliced radishes and Boston lettuce to the bowl, toss well and serve right away.

Classic Vinaigrette Salad

adapted from

WeightWatchers Fresh and Easy 20 Minute Meals

Combine 1/4 cup red wine vinegar, 1 tablespoon Dijon mustard, 2 teaspoon olive oil, 1 minced garlic clove, 1 teaspoon sugar, 1/4 teaspoon and 1/4 teaspoon black pepper in a small bowl, stirring with a whisk. Shred romaine and leaf lettuce (enough for 4 servings) into a bowl, add 2 cups thinly sliced cucumber and 4 sliced radishes. Pour dressing over lettuce mixture and toss well.

Points Plus value per serving: 1.

Grilled Radishes

www.allrecipes.com

20 ounces sliced fresh radishes
2 cloves minced garlic
2 tablespoons of butter, cut into small pieces
1 ice cube
Salt and pepper to taste

Preheat grill to high heat. Place the radishes, garlic, butter and ice cube on a double layer of aluminum foil large enough to wrap contents. Season with salt and pepper. Tightly seal foil around contents.

Place foil packet on grill and cook for approx 20 minutes or until radishes are tender.

Napa Cabbage Picnic Salad Recipe

Elise | simplyrecipes.com

2/3 cup slivered almonds
8 cups (1 lb) coarsely shredded napa cabbage
12 ounces snow peas, strings removed, rinsed and thinly sliced
1 1/3 cups thinly sliced radishes
1 1/3 cups thinly sliced green onions (including greens)
1 1/3 cups lightly packed fresh cilantro leaves

Dressing ingredients:

3 Tbsp rice vinegar (seasoned or unseasoned)
2 Tbsp sugar
2 Tbsp soy sauce
1 clove peeled and minced garlic
1/2 teaspoon toasted sesame oil
1/2 teaspoon ground ginger
1/4 teaspoon cayenne powder
1 cup mayonnaise

1 Spread almond slivers out in a single layer on a rimmed baking sheet. Toast in a 350°F oven for 5-10 minutes, until nicely browned. OR toast in stick-free or cast-iron skillet on medium high, stirring frequently until browned. Set aside.

2 Combine cabbage, snow peas, radishes, green onions, cilantro in a large bowl. Can make this step a day or two ahead.

3 In a separate bowl, mix together the rice vinegar, sugar, soy sauce, garlic, sesame oil, ginger, and cayenne until sugar has dissolved. Whisk in the mayonnaise.

4 When ready to serve, gently combine the dressing and almonds with the cabbage mixture. Serves 14-16.

Open-Faced Radish Sandwiches

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Mix 1/2 cup fat-free cream cheese, 1/4 cup minced fresh chives and 1 tablespoon chopped fresh dill (or dill weed) in a small bowl. Spread evenly on 4 slices multigrain bread with seeds. Top even with 1 cup thinly sliced radishes (about 16); sprinkle with evenly with kosher salt. Cut each sandwich in half. (PointsPlus value: 4)

Radish Top Soup
Jean Pinard

- 6 tablespoons butter
- 1 cup chopped leeks or onions
- 8 cups loosely packed radish leaves
- 2 cups diced peeled potatoes
- 6 cups liquid (water or chicken stock)
- Salt
- 1/2 cup cream (optional)
- Freshly ground pepper

Melt 4 tablespoons of butter in a large saucepan, add onions or leeks and cook until golden, approx 5 minutes. Stir in radish leaves, cover pan and cook over low heat until wilted, approx 8 to 10 minutes.

Meanwhile, cook potatoes until soft along with 1 teaspoon salt. Combine with radish tops and broth and cook covered for 5 minutes to mingle flavors. Puree finely in a food processor. Add cream if desired. Season to taste with remaining butter, salt and pepper.

Romaine and Radish Salad with Lemon Buttermilk Dressing

M.R. Shulman / nytimes.com / 5-11-12

2 hearts of romaine (the lighter, more delicate inner part of a head of romaine lettuce)

1 cup thinly sliced radishes (about 1 bunch)

1 to 2 tablespoons chopped chives, or a mixture of chives and tarragon

2 tablespoons freshly squeezed lemon juice

1 small garlic clove, puréed

Salt to taste

1 tablespoon extra virgin olive oil

5 tablespoons buttermilk

Freshly ground pepper

Combine the romaine, radishes and herbs in a large salad bowl. Whisk together the lemon juice, garlic, salt, olive oil and buttermilk. Just before serving, toss with the salad mix. Add salt and freshly ground pepper to taste, toss again, and serve.

Shrimp Salad Lettuce Wraps

adapted from

WeightWatchers Fresh and Easy 20 Minute Meals

- 1/3 cup thinly slice green onions
- 1/4 cup light cream cheese, softened
- 1/4 cup light mayonnaise
- 1/4 cup plain fat free yogurt
- 1/2 teaspoon garlic powder
- 1/4 teaspoon dried dill
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper
- 1 pound cooked peeled medium shrimp, chopped
- 8 large lettuce leaves (romaine, leaf, bibb)
- 1 cup matchstick cut cucumber
- 1/2 cup matchstick cut radishes

Combine first 8 ingredients in a medium bowl, stir in shrimp. Spoon about 1//3 cup shrimp mixture down center of each lettuce leaf. Top each wrap evenly with cucumber and radishes.

To make ahead, prepare the shrimp mixture, lettuce leaves, cucumbers and radishes. Store in separate containers in the refrigerator. Assemble just before serving.

Points Plus value per serving: 5