

Spicy Lime Radish Salad

Makes 4 servings | A Diabetic-Friendly Recipe

Ingredients:

- 2 cups thinly sliced fresh radishes
- 2 limes, juiced
- 1–2 fresh chili peppers (serrano or jalapeño, finely chopped) or 1 teaspoon chili powder
- 1/2 teaspoon sea salt, to taste
- 1 teaspoon olive oil
- 2 tablespoons chopped fresh cilantro



Directions

1. Place the radishes in a large bowl.
2. Add lime juice, chili, and sea salt.
3. Drizzle in olive oil and toss well to coat.
4. Let sit for 5–10 minutes so flavors meld.
5. Garnish with cilantro and serve immediately.

Food Fun Fact

In Oaxaca, Mexico, December 23 is celebrated as *La Noche de los Rábanos* (The Night of the Radishes). This lively festival features radishes carved into elaborate figures. Radishes are also enjoyed fresh in simple snacks like this salad, brightened with lime, chili, and salt for a zesty kick.