Creamy Radish Soup

Time: 30 minutes

2 cups sliced black radishes, divided
1 medium yellow potato, peeled and cut into 1-inch cubes
1 Tbl. chopped radish greens or parsley
2 Tbl. olive oil
½ cup chopped onion
2 cups milk
¼ cup sour cream
½ tsp. salt
¼ - ½ tsp. pepper

1) Heat oil in a large saucepan over medium-high heat. Add 1¾ cups radishes and onion and cook for 5 minutes, stirring regularly. Add the potato, milk, salt and pepper to taste. Bring to a boil, stirring occasionally. Reduce heat to a simmer, cover and cook, stirring occasionally, until the potato is tender, about 5 minutes more.

2) Working in batches, puree the mixture in a blender (or in the pan with an immersion blender) until smooth.

3) Slice the remaining ¼ cup radishes into matchsticks. Serve each portion of soup topped with 1 Tbl. sour cream, some radish matchsticks and a sprinkle of radish greens (or parsley).

From eatingwell.com

Roasted Broccoli with Red Peppers

Time: 40 minutes

1 head broccoli florets
1 red bell pepper, stemmed, seeded, and cut into strips
2 Tbl. olive oil
2 cloves garlic, finely chopped
½ tsp salt
Pepper

Preheat the oven to 400 degrees F. Remove florets from the head of broccoli. In a large bowl, toss the broccoli florets with the red pepper strips, olive oil, garlic, salt and pepper. Spread in an even single layer on a rimmed baking sheet. Bake for 25 to 30 minutes, until the broccoli has browned at the edges and is tender.

From skinnyms.com

Creamy Radish Soup

Time: 30 minutes

2 cups sliced black radishes, divided
1 medium yellow potato, peeled and cut into 1-inch cubes
1 Tbl. chopped radish greens or parsley
2 Tbl. olive oil
½ cup chopped onion
2 cups milk
¼ cup sour cream
½ tsp. salt
¼ - ½ tsp. pepper

1) Heat oil in a large saucepan over medium-high heat. Add 1¾ cups radishes and onion and cook for 5 minutes, stirring regularly. Add the potato, milk, salt and pepper to taste. Bring to a boil, stirring occasionally. Reduce heat to a simmer, cover and cook, stirring occasionally, until the potato is tender, about 5 minutes more.

2) Working in batches, puree the mixture in a blender (or in the pan with an immersion blender) until smooth.

3) Slice the remaining ¼ cup radishes into matchsticks. Serve each portion of soup topped with 1 Tbl. sour cream, some radish matchsticks and a sprinkle of radish greens (or parsley).

From eatingwell.com

Roasted Broccoli with Red Peppers

Time: 40 minutes

1 head broccoli florets
1 red bell pepper, stemmed, seeded, and cut into strips
2 Tbl. olive oil
2 cloves garlic, finely chopped
½ tsp salt
Pepper

Preheat the oven to 400 degrees F. Remove florets from the head of broccoli. In a large bowl, toss the broccoli florets with the red pepper strips, olive oil, garlic, salt and pepper. Spread in an even single layer on a rimmed baking sheet. Bake for 25 to 30 minutes, until the broccoli has browned at the edges and is tender.

From skinnyms.com