








Blood Orange and Thyme Spa Water



 Course	Drinks
 Cuisine	American
 Prep Time	4 minutes
 Total Time	4 minutes
 Servings	6
 Calories	3kcal
 Author	Robin Gagnon



No ratings yet

Ingredients

- 1 ½ quarts filtered water
- 2 fresh blood oranges
- 6-7 small sprigs of thyme I prefer lemon thyme
- ice

Instructions

1. Fill a 2 qt pitcher with 1 ½ quarts of water.
2. Wash the blood oranges, and slice. Drop into the water (squeeze a couple of slices to ensure you get a nice flavor).
3. Bruise the thyme and add to water.
4. Top off with ice and stir. Serve.

Notes

The fruit can steep overnight, but should be removed if the water won't be finished within a day. Spa water with fruit removed can be stored in the refrigerator for up to three days.

Nutrition

Calories: 3kcal | Sodium: 11mg | Potassium: 7mg | Vitamin A: 10IU | Vitamin C: 1.7mg
| Calcium: 9mg

Roasted Radishes



These roasted radishes are delicious! Roasting downplays their sharpness and brings out a pleasant creaminess.

Course	Side Dish
Cuisine	American
Prep Time	10 minutes
Cook Time	20 minutes
Total Time	30 minutes
Servings	3 servings
Calories	92kcal
Author	Vered DeLeeuw

Ingredients

- 2 bunches radishes medium-sized, washed, dried, tops trimmed (1 pound trimmed)
- 2 tablespoons butter melted
- 1 teaspoon [Diamond Crystal kosher salt](#) or ½ teaspoon of [any other salt](#)
- ¼ teaspoon black pepper
- 1 teaspoon garlic powder

Optional:

- 2 tablespoons parsley chopped, for garnish

Instructions

1. Preheat your oven to 425°F. Cut the radishes in half lengthwise.
2. Arrange the radishes in a single layer in a 9 X 13-inch rimmed baking dish, cut side down. Add the melted butter.
3. Add the salt, pepper, and garlic powder. Toss to coat.
4. Roast until the radishes are fork-tender, about 20 minutes.
5. Top with chopped parsley and serve.

Nutrition

Serving: 0.3recipe | Calories: 92kcal | Carbohydrates: 5g | Protein: 1g | Fat: 8g | Saturated Fat: 5g | Sodium: 300mg | Fiber: 2g

Roasted Beet and Radish Salad ★★★★★



This Roasted Beet and Radish Salad is loaded with fresh pesto, feta cheese, and a hint of lemon, which help to counter that typical beet taste.

Course Salads, Side Dishes **Cuisine** American

Keyword beet radish salad, roasted beet salad, roasted radish salad, roasted radishes

Diet Gluten-Free, Low Carb, Vegetarian **Occasion** Christmas, Easter, Thanksgiving, Valentine's Day

Time 30 minutes or less, 45 minutes or less **Prep Time** 5 mins **Cook Time** 20 mins **Total Time** 25 mins

Servings 4 people **Calories** 172 **Author** [Sarah Bond](#)

Ingredients

- 2 red beets peeled and diced
- 1 cup radishes diced
- 2 Tbsp olive oil 30 mL
- Pinch each salt and pepper
- ½ cup feta cheese crumbled or diced, 100 g
- 2 Tbsp [pesto](#) 30 g
- ½ lemon

Instructions

1. **Roast:** Preheat oven to 400 degrees F (204 C). Dice beets and radishes, and spread onto a parchment paper lined baking sheet. Drizzle with oil and season with salt and pepper, tossing around a bit to evenly coat. Roast for 20 minutes, or until radishes are a bit tender (beets will still have some crunch)
2. **Serve:** Toss to combine roasted beets, radishes, feta, pesto, and the juice from half of a lemon. Serve warm or cold.

Nutrition

Serving: 1 serving | Calories: 172kcal | Carbohydrates: 7.4g | Protein: 4.5g | Fat: 14.4g | Cholesterol: 19mg | Sodium: 382mg | Potassium: 241mg | Fiber: 1.6g | Sugar: 6g | Calcium: 100mg | Iron: 0.7mg

Recipe from Live Eat Learn at <https://www.liveeatlearn.com/roasted-beet-radish-salad/>.

Sicilian Blood Orange Salad

This is one of my favorite summer dishes, refreshing and deliciously healthy! I was given this recipe by a Sicilian friend while living in Sicily, Italy. My family adores this dish.

Recipe by **Rochelle Brooks Thompson**

Prep Time: 15 mins

Total Time: 15 mins

Ingredients

6 blood oranges, peeled and sectioned

¼ cup green onions, sliced

extra virgin olive oil

¼ teaspoon ground black pepper to taste

Directions

Step 1

Slice each blood orange section in half and remove and discard any seeds. Place oranges in a medium bowl. Add green onions; toss to combine. Drizzle with olive oil until just coated. Lightly sprinkle with pepper. Chill until ready to serve.

Cook's Note:

Ripened naval oranges can be used in place of blood oranges.

Nutrition Facts

Per serving: 165 calories; total fat 10g; saturated fat 1g; sodium 1mg; total carbohydrate 20g; dietary fiber 4g; total sugars 0g; protein 2g; vitamin c 90mg; calcium 71mg; iron 0mg; potassium 317mg

Sparkling Blood Orange Rosemary Water

☆ ☆ ☆ ☆ ☆ No reviews

Prep Time: 15 minutes **Cook Time: 0 minutes**

Yield: 4 1x



This sparkling blood orange rosemary water is the perfect way to liven up a drink recipe without adding calories! It's perfect for brunch or a mocktail.

Ingredients

1x2x3x

- 2 tablespoons honey
- 3 tablespoons water
- 4 small sprigs rosemary, divided
- 3 large blood oranges (enough for 1 cup juice)
- 750 mL sparkling water (we use the [SodaStream](#))

Cook Mode Prevent your screen from going dark

Instructions

1. Heat 2 tablespoons honey, 3 tablespoons water and 3 sprigs rosemary over low heat for about 1 minute until fully combined. Allow to cool on the stove, and then discard the rosemary.
2. Juice 3 blood oranges. In a pitcher, combine the honey mixture, orange juice, and sparkling water. Garnish with the remaining rosemary sprig and serve.

Find it online: <https://www.acouplecooks.com/blood-orange-rosemary-sparkling-water/>

Bewitched by Radishes & Chocolate

Radishes & Chocolate

Ingredients

- A bunch of radishes (10 or so)
- 1 cup unsweetened cocoa powder, preferably Dutch process cocoa
- 1 cup powdered sugar
- 2 tablespoons unsalted butter
- 3/4 cup of whole milk (or half & half for more decadence)

Directions

1. Trim the radishes by cutting off their leafy stalks and ends. Wash and set aside.
2. Sift the cocoa powder and sugar in a bowl to ensure a sauce with no lumps.
3. Gently whisk in the milk until smooth and creamy.
4. Melt the butter in a butter warmer or a similar small pan over a low flame.
5. Once the butter melts, slowly add the chocolate mixture to the pan and stir until the chocolate sauce turns a darker color. About 5 minutes. Turn flame off and set aside to cool.
6. Place radishes in small individual bowls and cover with chocolate sauce. Or, simply serve a plate of radishes alongside a bowl of the chocolate sauce and dip away. Double-dipping allowed!
7. PS: The chocolate sauce tastes great on vanilla ice-cream or strawberries or both.

Preparation time: 5 minutes

Cooking time: 8 minutes

Number of servings (yield): 5

URL to article: <https://www.perfectmorsel.com/2011/11/bewitched-by-radishes-chocolate/>

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