



DAIKON

Daikon can be grated or sliced and added to various cooked dishes, fresh salads, or stir-fries. Young leaves are also good when steamed and served with a little butter. Daikon seeds are slightly peppery and great in a tossed salad.



SNOW PEAS

Both snow pea pods and seeds are edible and are used in soups, meat dishes, salads, and stir-fries. The tender 6-inch plant tips can be boiled like spinach or added fresh to a green salad.

Asian Vegetable Guide:
<http://ucanr.org/u.cfm?id=50>



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SNOW PEA DAIKON SALAD

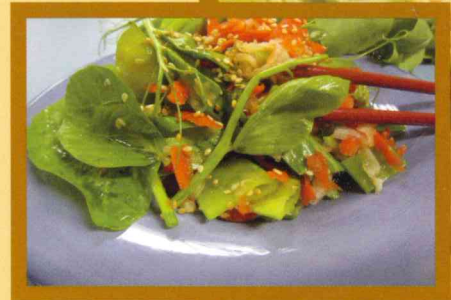
Serves 4

INGREDIENTS:

- 1/2 lb snow pea tips, trimmed
- 1/2 lb snow pea pods, trimmed
- 1/2 daikon, shredded
- 1/4 cup shredded carrots
- 2 tablespoons roasted sesame seeds
- 1/4 cup rice wine vinegar
- 1 teaspoon sugar
- 1 tablespoon vegetable oil

DIRECTIONS:

1. Toss vegetables together.
2. Make dressing by combining sesame seeds, vinegar, sugar, and oil.
3. Toss vegetables with dressing; serve cold.



NUTRITION FACTS PER SERVING:

Calories 117 kcal; Total Fat 6 g; Saturated Fat 1 g; Sodium 19 mg; Carbohydrate 13.12 g; Dietary Fiber 4.5 g; Sugar 7 g; Protein 4 g