

Be healthy, be wealthy

Even in times of COVID-19

Radishes rule the world!

Low in carbs, high portion of water or zinc, crispy, a little bit sharp. These might be some characteristics of radishes that made us prepare and enjoy a meal out of it during the last week.

Radishes as seasonal spring vegetable are available almost everywhere. Does not matter if you go to a regular supermarket, farmers' market that are open again, or get it delivered by any of online grocery providers. These pink-white small balls won't let you leave without them in your shopping bag.



How can you use them?

Radishes are pretty popular and very easy to prepare. As you can see in the pictures, the simple way is just to spread your bread, cut radishes and put them on your bread. If you have some spare pieces, you can just eat them along with your bread :-).

We have made a radish spread, too. Radishes were just cut in small pieces, mixed together with cottage cheese and curd (or any cheese you

find in your fridge), add a little salt and spread on your bread.

Eating healthy is not difficult at all, is it? :-) For more advanced recipes, see the next page.

Two recipes using radishes were for more difficult meals. The first one is radishes as a hash :-) Using potatoes, eggs and different vegetables from your fridge.

The second one is the famous Russian meal "okroshka". It is cold soup made as a mix of some raw vegetables such as spring onions, cucumbers, radishes, boiled potatoes, eggs and some ham or a mix of cooked meat. It is all chopped and poured with whey (extremely high in protein). You can use kefir or ayran with some mineral water instead. This dish is served with sour cream and some drill.

All these ingredients can be found at farmers' markets. It is difficult to find liquid whey, though not impossible. The liquid tastes much better than the powder one. See pictures!



INGREDIENCE OF WEEK 3: SPRING ONION (JARNÍ CIBULKA / FRÜHLINGSZWIEBEL / JARNÁ CIBUĽKA)

As usually, we are presenting you an ingredient that is available in regular shops, farmer markets as it grows in our country. Spring onions may be cooked or used raw as a part of salads, salsas or Asian recipes.

Thanks to vitamin K it is very beneficial for bones, it keeps our eyes and heart healthy thanks to a large portion of vitamin A and C and boosts our immune system (as always :-))



So what are you waiting for? :-)

You have time again until the end of the week to prepare a healthy meal out of it. The choice is yours, feel free to use as much of your phantasy as possible. The meal should be tasty (you will eat it :-)) and healthy. Do not forget that also your eyes are eating with you.

Make a nice picture of your meal and send it to Bára (barbora.malinovska@siemens.com) by **Monday noon**. You can include as much information, as you want to share.

Your picture will be published in the next newsletter as part of a collage and inspiration for other colleagues. New ingredient of the week will be disclosed.