



Culinary Nutrition Cuisine Newsletter



Hi! Welcome to the inaugural newsletter for Culinary Nutrition Cuisine. My goal is to bring you tasty and nutritious seasonal recipes, nutrition tidbits, kitchen essentials, tips, tools, and finds. I hope you enjoy!



Featured Recipe

Radish and Snap Pea Salad with Herbed Yogurt

Spring is here and with that comes an array of amazing fruits and vegetables. Kicking off the season is the humble radish, one of my favorite veggies. It's hard to beat the peppery crunch of a radish, a great addition to a variety of dishes. The typical radish is red on the outside with bright white flesh on the interior, but be sure to look for other varieties at your local grocer or farmer's market. Other varieties include watermelon, black, pink, grey, green, white, and yellow! Go grab a bunch and check out my recipe for [Radish and Snap Pea Salad with Herbed Yogurt](#). This is a wonderful side dish or a light lunch!

GET THE RECIPE



Restaurant Spotlight

This month I visited the Red Cat, one of my favorite spots in Manhattan. They serve radishes with sea salt at the bar, a tasty and healthy alternative to typical bar snacks. Radishes are a crunchy, low calorie option that is packed with tons of vitamins and just enough kick to heat you up. I also adore their seasonal vegetable platter, another great way to get in your veggies!

[Red Cat](#) 227 10th Ave, New York, NY 10011

Culinary Nutrition Cuisine Freebie!
Download my handy guide on [How to Boil an Egg](#).

Thank you!
See you at [CNC](#).

