

Radishes

Bright, peppery radishes are available year-round, but the adorable baby ones are easiest to find in late spring. Eat up! “Radishes are high in vitamin C, which boosts bone health and helps wounds heal faster,” says Elizabeth Shaw, a registered dietitian and nutrition instructor at San Diego Mesa College. They also contain folate and blood-pressure-lowering potassium, and they may even protect against cancer. Three delicious ways to munch more:

Pan-fry into hash browns Shred them like potatoes (easy with a food processor), then fry with some chopped onion. Add a fried egg and it's like a mountain-man breakfast, but healthier, Shaw says.

Roast for a mellow flavor Toss whole baby radishes (cut larger ones in half) with olive oil, fresh rosemary, salt, and pepper; bake at 425°F for 40 minutes.

Top a tartine French-inspired open-faced sandwiches make a picnic in the park (or lunch at your desk) a little more chic: Slice radishes into rounds and place on a buttered baguette with a sprinkle of sea salt. —Marygrace Taylor

GARDEN PARTY

Good-for-you ingredient:

Strawberries

These red gems help boost heart and brain health and have vitamin C and folate. Use them to sweeten this drink, from Daniel Shoemaker of Portland, OR's Teardrop Cocktail Lounge: Muddle 3 strawberries, 2 basil leaves, and ½ tsp balsamic vinegar, then add 2 oz silver rum and ½ oz agave nectar. Squeeze in ¼ oz lime juice, shake, and top with club soda.

QUIETSTORM

Good-for-you ingredient:

Ginger

This healthy root relieves muscle pain and menstrual cramps—and may be a cancer-fighter. Mix ½ oz ginger beer with ½ oz lemon juice, 1 oz store-bought carrot juice, 1½ oz vodka, and ¼ oz honey mix (2 parts honey diluted in 1 part hot water). Strain and serve over ice at your next brunch for a zingy alternative to a Bloody Mary, Shoemaker says.

THREE-PART HARMONY

Good-for-you ingredient:

Green tea

These leaves help fight a slew of health issues, from cavities to spring sniffles—even cancer. Fill a glass with ice, then add 2 oz unsweetened green tea, ¾ oz triple sec, and 1 oz sauvignon blanc. Stir and garnish with a lime wheel. The orange-flavored triple sec sweetens the crisp combo of white wine and green tea. Refreshing! —Jennifer Abbasi

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COCKTAILS
THAT
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FOOD!

