

ENDIVE

Endive is mostly white with yellow or red tipped leaves. There are several closely related vegetables which are all types of chicory; curly endive, escarole, frisee, radicchio, treviso and tardivo.

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BEST COOKING METHODS

- RAW
- GRILLED

RECIPE IDEAS

- BRAISED
- FILL LEAVES WITH A FAVORITE SALAD
- SALAD

STORAGE

- Wash, keep in refrigerator, can be stored for up to a week.
- Keep in a bag, or away from light. Light exposure makes the leaves green and bitter.

NUTRITION

- Very low calorie
- Rich in inulin and fiber
- Good source of minerals, Vitamin A and beta carotene

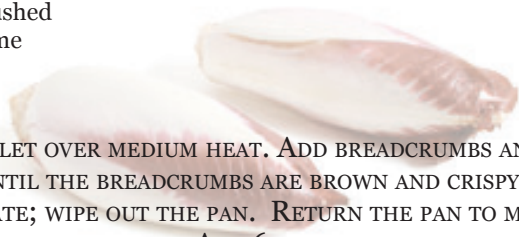
TIPS

- Remove yellow discolored leaves and add to a freezer bag for vegetable stock.
- Trim rough ends.
- Use leaves as receptacles for bite sized appetizers or snacks.

BRAISED ENDIVE

- **1 tbsp** olive-oil
- **1/2 c** fresh coarse whole-wheat bread crumbs
- **1 tbsp** chopped fresh parsley
- **4 tsp** butter, divided
- **6** medium heads belgian endive, halved
- **1 c** reduced-sodium chicken broth (or homemade veggie/chicken stock)
- **1** clove garlic, crushed
- **1** sprig fresh thyme
- **1/2 tsp** sugar
- **1/4 tsp** salt

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HEAT OIL IN A SKILLET OVER MEDIUM HEAT. ADD BREADCRUMBS AND PARSLEY AND COOK, STIRRING, UNTIL THE BREADCRUMBS ARE BROWN AND CRISPY, **2-4** MINUTES. TRANSFER TO A PLATE; WIPE OUT THE PAN. RETURN THE PAN TO MEDIUM HEAT AND MELT **2** TEASPOONS OF BUTTER. ADD **6** ENDIVE HALVES, CUT SIDE DOWN, AND COOK UNTIL BEGINNING TO BROWN, **2-3** MINUTES. TRANSFER TO A CUTTING BOARD. REPEAT WITH REMAINING **2** TEASPOONS OF BUTTER AND ENDIVE. ADD THE FIRST BATCH OF ENDIVE BACK TO PAN. POUR IN BROTH AND ADD GARLIC, THYME, SUGAR AND SALT. COOK, TURNING THE ENDIVE EVERY **10** MINUTES OR SO, UNTIL THE LIQUID HAS EVAPORATED COMPLETELY AND THE ENDIVE IS GLAZED, ABOUT **30** MINUTES TOTAL. TRANSFER THE ENDIVE TO A PLATTER. SERVE, SPRINKLED WITH THE RESERVE BREADCRUMBS.