

## RADICCHIO

*This cabbage-like veggie was a common feature of dishes in the Veneto region of Italy for centuries. It is closely related to endive, as well as escarole, frisee, treviso and tardivo.*

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### BEST COOKING METHODS

- RAW
- GRILLED

### RECIPE IDEAS

- GRILLED WITH BEANS AND ARTICHOKE
- RISOTTO
- SALAD

### STORAGE

- Wash and store in refrigerator
- It should keep for 2-3 weeks

### NUTRITION

- Very low calorie
- Rich in flavanoids and Vitamin K
- Good source of minerals, and B-complex vitamins

### TIPS

- Its bitter taste can be counter balanced with a sweet dressing, like honey dijon vinaigrette, or fruit, like pear.
- It can be eaten raw, or wilted and added to pasta.

## GRILLED RADICCHIO SALAD

- **2** heads of radicchio, quartered, so that each quarter has a bit of the stem end holding it together
- **1/2 c** olive oil, plus more to coat the radicchio
- **1/4 c** balsamic vinegar
- **1 tsp** salt
- **3** cloves garlic, chopped
- **1/2 tsp** mustard
- **Salt** and pepper to taste
- **Parmesan**, or another hard cheese, for garnish

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**FIRST COMBINE INGREDIENTS FOR DRESSING: PUT SALT, GARLIC, MUSTARD, AND BALSAMIC VINEGAR IN A BOWL AND WHISK (OR BLEND IN A FOOD PROCESSOR). MIX IN OLIVE OIL UNTIL COMBINED. PREHEAT THE GRILL, OR BROILER, ON HIGH. COAT THE QUARTERED RADICCHIO WITH OLIVE OIL AND SPRINKLE WITH SALT. GRILL OR BROIL ON A COOKIE SHEET. KEEP A CLOSE EYE ON THEM, AS THEY BLACKEN QUICKLY. COOK UNTIL THERE IS A LITTLE BLACKENING. REMOVE, AND CHOP INTO BITE SIZE PIECES, THEN TOSS WITH THE DRESSING AND PEPPER. SERVE HOT OR AT ROOM TEMPERATURE, GARNISHED WITH PARMESAN.**