

# Radicchio



Radicchio is a cabbage-like vegetable that grows in smaller leafy heads, and can be round or pointy. The most common variety is round Radicchio di Chioggia, but you can also find oblong Treviso and Tardivo, and lighter speckled Castelfranco. It is very low calorie and is rich in nutrients like flavonoids, and vitamins B and K.

## Cooking

Radicchio's bitter flavor goes well with sweeter ingredients, such as sweet dressings or fruits, but is also balanced with rich, fatty ingredients like cheeses or olive oil. Try shredded, raw in salads, wilted in pasta dishes, or grilled with rich meats like steak or pork. Use individual leaves as cups for creamy pasta or chicken salads, or cheese dip.

## Storage

Wash and store radicchio loosely wrapped in a plastic bag in refrigerator for 2-3 weeks. Radicchio does not freeze well, so use fresh!



# Roasted Radicchio with Grapes and Walnuts

Serves: 4      Total Time: 35 minutes

## Ingredients:

- 2 heads radicchio, cut into quarters
- 3 cups grapes (red or green), halved
- 2 tbsp oil (vegetable or canola)
- 2 tbsp balsamic vinegar (or red wine vinegar)
- 2 tbsp honey or other sweetener
- 1 tsp black pepper
- ½ tsp salt
- ½ cup walnuts, chopped
- ½ cup blue cheese, crumbled (optional)

## Directions:

1. Preheat oven to 375 °F. Spread radicchio cut side up in a small baking dish or rimmed baking tray. Spread grapes on top.
2. In a small bowl, whisk together oil, vinegar, honey, pepper, and salt until well blended. Drizzle mixture over radicchio as evenly as possible.
3. Place radicchio in the oven and roast 20 minutes, or until tips begin to brown and radicchio is wilted. Remove from oven and sprinkle walnuts and blue cheese on top, then put back in the oven for another 5 minutes, until cheese is melted. Let cool slightly before serving.



lovin'  
spoonfuls  
a food rescue



## Quick Tips:

- Use up bruised or wrinkly grapes in this recipe - they're still delicious roasted!
- Add some chicken to leftovers for a filling, savory lunch salad.
- Too bitter? Drizzle with olive oil or butter to balance the flavors.