

Radicchio




Selection - Choose radicchios with bright leaves, free from cuts.

Storage - Store unwashed in refrigerator. Make sure to wash before eating (stays fresh for 2-3 days).

Nutrition - Vitamin K in radicchio supports bone health and prevents blood clotting.

3 EASY WAYS TO USE RADICCHIO

- Remove any outer leaves that may be wilted. After washing, use the leaves in place of bread to hold chicken or tuna salad.
 - To bake, cut radicchio into wedges and toss with olive oil, balsamic vinegar and spices. Roast at 450 degrees for 10-12 minutes; flip over and continue cooking for 8 minutes.
 - Add freshly washed radicchio to any salad greens or on top of pizza and tacos.
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Warm Radicchio Tuna Salad

Makes 2-4 Servings

Ingredients

- ☐ 1 tablespoon olive oil
- ☐ 2 cups radicchio, chopped
- ☐ 1 (14.5 ounce) can white beans (cannellini), drained and raised
- ☐ 2 tablespoons balsamic vinegar
- ☐ 1 teaspoon onion powder
- ☐ Black pepper
- ☐ 1 can tuna, drained
- ☐ 1/4 cup shredded cheese
- ☐ 4 cups spinach, fresh

Directions

1. Heat a pan over medium heat. Add olive oil and chopped radicchio. Cook for about 2 minutes.
2. Add in white beans, vinegar, onion powder and pepper. Stir and cook for 2 minutes.
3. Stir in tuna and turn off heat. Allow to sit for 1 minute.
4. Serve on top of spinach. Sprinkle with shredded cheese. Add more vinegar if desired.

