

# RADICCHIO



## HOW DOES IT TASTE?

Radicchio has a spicy and bitter taste. It has a texture similar to cabbage. When cooked, it has a less bitter and more mellow flavor.

## HOW DO I PICK IT?

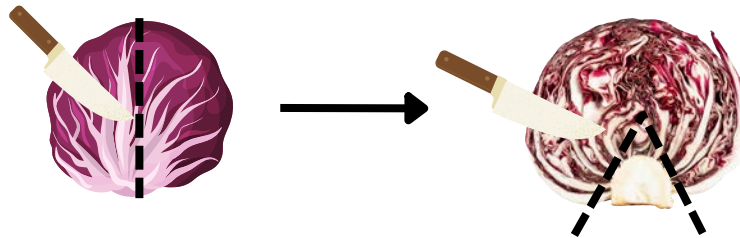
Look for a tight and firm head of radicchio that has a vibrant red/purple color. Avoid wilted or brown leaves. They are in season from October to January but are available year-round.

## HOW DO I STORE IT?

Refrigerate radicchio in a tightly sealed plastic bag for up to 14 days.

## HOW DO I PREPARE IT?

1. Rinse the radicchio under cool running water.
2. Chop it in half and cut out the stem with a knife.
3. Peel off leaves or chop into slices and enjoy it raw or cooked!



Eat radicchio **raw** in a **salad** with a citrus dressing. **Chop** and **roast** or **sauté**. **Dice** and add to pasta dishes. **Grill** and add balsamic vinegar, or add to **soup**.

## RADICCHIO SLAW

### Ingredients

- 1 head radicchio
- 1 large carrot
- ½ cup chickpeas (rinsed)
- ¼ cup rice wine vinegar
- 2 tablespoons brown mustard
- 2 teaspoons honey
- 1 teaspoon flax seed (optional)

### Directions

1. Rinse radicchio and carrots.
2. Cut radicchio into small ribbons.
3. Use a peeler to slice carrots into ribbons.
4. In a medium sized bowl, mix radicchio, carrots, and chickpeas.
5. In a small bowl, mix rice wine vinegar, mustard, and honey.
6. Toss together slaw and dressing in medium sized bowl and sprinkle flax seeds.
7. Serve as a side along with a main dish!



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## KITCHEN TIP!

To reduce bitterness, cook the radicchio or add an acidic ingredient such as vinegar or lemon to it.