

# Radicchio

Radicchio has reddish-purple leaves that have white veins in them—these leaves form a head. It is harvested in the winter or early spring and is very healthy! It is known to be anti-inflammatory and helps with diabetes!

## SIMILAR TO

Radicchio looks, and is eaten, like cabbage and lettuce, but the flavor is very different. Radicchio is much more bitter when it is eaten raw.

## HOW TO USE

When raw, radicchio is delicious in salads and/or coleslaws. It can also be boiled, sauteed, roasted, or grilled. It is used in many pasta dishes, soups, and even on pizza.

## RECIPES TO TRY:

### Sautéed Radicchio

*from [thespruceeats.com](http://thespruceeats.com)*

Takes 20 minutes. Serves 4.

#### INGREDIENTS

1 head of radicchio

2 tablespoons of cooking oil 1/4

teaspoon of salt

Image Credit: Den Garden



Image Credit: The Spruce Eats

1. Trim off any brown parts of the radicchio.
2. Cut the radicchio head into quarters. Cut out and discard the cores from each quarter.
3. Cut the quarters into bite-size pieces.
4. Heat a pan on the stovetop on medium heat. Add oil and swirl to coat on the bottom.
5. Add the radicchio and sprinkle with salt. Stir the leaves with the oil.

## Radicchio Coleslaw

*from marthastewart.com*

Takes 30 minutes. Serves 4.

### INGREDIENTS

3 tablespoons of vinegar

2-3 teaspoons of sugar

2 tablespoons of cooking oil

Salt and pepper (to taste)

2 radicchio heads, halved, center removed, and thinly sliced crosswise

1. In a large bowl, combine vinegar and sugar. Pour in the cooking oil, salt, and pepper, and stir.
2. Add radicchio, scallions, and celery seeds (optional) to the bowl. Toss to combine all ingredients and let it stand for 10 minutes. Toss once more.
3. Serve or keep in the refrigerator.



Image Credit: Allen Lim