

Escarole

Escarole is the flat, leafy version of the endive. It is sold in bunches of short, wide leaves, like lettuce, and has a fresh, light bitter taste. It has high levels of vitamin A, K, C, and fiber.

SIMILAR TO

Escarole is like other greens, including spinach, arugula, radicchio, chard, kale, and mustard greens. It is part of the same vegetable family as frisee and endive.

HOW TO USE

Escarole's outer leaves are less tender and bitter; they can be sautéed, grilled, or roasted. The inner leaves are more tender and sweeter; they can be eaten raw in a salad. Escarole is commonly eaten in Italian Wedding soup, but can be used in other pasta and soup dishes.

A RECIPE TO TRY:

Sautéed Escarole

from cookeatlaugh.com

Takes 20 minutes. Serves 5.

INGREDIENTS

2 heads of escarole, washed and chopped
2 teaspoons of olive oil
4 cloves of garlic, thinly sliced (optional)
1 onion, thinly sliced (optional)
Salt (to taste)

1. Soak the escarole heads and wash them well. Dry the escarole with a paper towel and chop it.
2. Over medium heat, add olive oil to a pan. Before adding the escarole, you can add the garlic to the pan and sauté until golden brown. You can then also add onions and cook until the onions are tender.
3. Add the escarole to pan. Season with salt and cook for around 4-5 minutes. Drizzle a bit more olive oil on top and serve.

