# 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.

FEEDING PENNSYLVANIA





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### Warm Radicchio Tuna Salad Makes 2-4 Serving

#### Ingredients

- □ 1 tablespoon olive oil
- 2 cups radicchio, chopped
- 1 (14.5 ounce) can white beans (cannellini), drained and raised
- $\Box$  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.
- Add in white beans, vinegar, onion powder and pepper. Stir and cook for 2 minutes.
  tir in tuna and turn off heat. Allow to sit for 1 minute.
  e on top of spinach. Sprinkle with shredded Add more vinegar if desired.

