

Grilled Radicchio Salad

Radicchio is a vegetable similar to red cabbage, but with a more bitter taste. It's a good source of zinc, copper and vitamin K! It can be eaten raw, cooked or in this case, grilled! This salad lends itself well to versatility, such as adding grilled chicken, feta cheese or walnuts!

Ingredients

Original recipe from: bonappetit.com

(Yield: 6 servings)

- 3 tablespoons olive oil
- 1 tablespoon chopped fresh dill
- 1 tablespoon Sherry wine vinegar
- 2 teaspoons Dijon mustard
- 1 teaspoon honey
- 6 green onions, trimmed
- 1 head romaine lettuce, quartered lengthwise with some core still attached to each piece
- 1 medium head of radicchio, quartered through core, with some core still attached to each piece
- Salt and pepper, to taste

Directions

1. Whisk together the 3 tablespoons of olive oil, dill, sherry vinegar, Dijon mustard and honey. Season with salt and set aside.
2. Arrange the green onions, romaine and radicchio on a baking sheet. Drizzle lightly with olive oil. Season with salt and pepper.
3. Pre-heat grill over medium high heat. Grill the vegetables until they begin to wilt, 2 minutes per side for the romaine and green onions and 3 minutes per side for the radicchio. Remove from heat and transfer to baking sheets.
4. Cut the cores from all grilled greens. Slice the radicchio and romaine into strips. Chop the green onions. Place all ingredients into a large bowl, drizzle with dressing and toss to coat.