

# Chicories, Endives, & Raddichio



## SEASONALITY



## NUTRITIONAL PROPERTIES

Chicories are naturally low in calories and sodium. Like most leafy plants, chicories are high in vitamin K. These vegetables tend to be high in potassium, calcium, magnesium, and folate.

## STORAGE

Store in the refrigerator in a plastic bag until consumption. Chicories tend to last about two weeks when stored properly.

## PRESERVATION

Endive doesn't freeze well, the cell walls burst and the plant becomes quite mushy.

## HOW TO PREPARE

Chicories can be cooked or eaten raw.

1. Remove any dirt, damaged leaves, or core pieces.
2. Halve the chicory.
3. Roughly chop or chop into a slaw.
4. Add chopped leaves to fresh apples and pears.
5. Dress with vinegar and oil.

## RECIPES FROM HDFFA

*with chicories*

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- Spring Citrus Salad
- Tuna Cakes and Salad

GO TO [HDFFA.ORG/COOKINGCOUNTS](https://www.hdfffa.org/cookingcounts)  
OR SCAN CODE TO FIND OUR RECIPES

