



Tasty Tricolore Radicchio Salad

By Erin Fletter

Prep Time 10 / **Cook Time** / **Serves** 4 - 6

Fun-Da-Mentals Kitchen Skills

slice: to cut into thin pieces using a sawing motion with your knife.

knife skills: Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

chop: to cut something into small, rough pieces using a blade.

squeeze: to firmly press or twist a food with fingers, hands, or a device to remove its liquid, like shredded potatoes, frozen and thawed spinach, or tofu.

toss: to lightly lift and drop food items together or coat food items with flour, or a sauce or dressing, as in a salad.

whisk: to beat or stir ingredients vigorously with a fork or whisk to mix, blend, or incorporate air.

Equipment

- ☐ Cutting board + kid-safe knife
- ☐ Medium mixing bowl
- ☐ Small mixing bowl

Ingredients

Tasty Tricolore Radicchio Salad

- ☐ 1 head endive (or 1 C packed spinach leaves)
- ☐ 1/2 to 1 head radicchio, your choice how much to add to salad (or 1/4 head red cabbage)
- ☐ 1 cucumber
- ☐ 1/2 orange, juiced

- ☐ 1/4 C olive or vegetable oil
- ☐ 1/2 tsp Italian seasoning
- ☐ 1/2 tsp salt
- ☐ 1/4 tsp ground black pepper

Food Allergen Substitutions

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Instructions

Tasty Tricolore Radicchio Salad

slice + chop

Slice **1 endive** head into ribbons and chop **1/2 to 1 head of radicchio** into roughly 1-inch pieces. Next, chop **1 cucumber** into half-moons or half-inch chunks and add all the chopped veggies to a mixing bowl.

squeeze + whisk + toss

Squeeze the juice from **1/2 an orange** into a bowl. Whisk in **1/4 cup olive oil, 1/2 teaspoon Italian seasoning, 1/2 teaspoon salt**, and **1/4 teaspoon black pepper**. Pour over chopped veggies and toss to combine!