



Chopped Frisée and Radicchio Salad

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Frisée lettuce and radicchio stay relatively firm after they've been mixed with dressing, which means you don't have to worry about the salad going limp.



Ingredient List

Serves 2

BALSAMIC VINAIGRETTE

- 2 Tbs. olive oil
- 1 Tbs. balsamic vinegar
- 1 Tbs. sugar
- 1 clove garlic, minced (1 tsp.)
- 1/2 small red onion, thinly sliced (1/4 cup)

SALAD

- 1 small head frisée lettuce (curly endive), chopped (1 cup)
- 1 head radicchio, chopped (2 cups)
- 2 Tbs. chopped fresh oregano
- 1 Tbs. capers
- 1/4 cup shaved Parmesan cheese, optional
- 1 hard-boiled egg, coarsely chopped

Directions

1. To make Balsamic Vinaigrette: Whisk together all ingredients in small bowl, and let stand 10 minutes.
2. To assemble Salad: Toss together frisée, radicchio, oregano, capers, and half of cheese, if using, in bowl. Add Balsamic Vinaigrette, and toss to coat. Season with salt and pepper, if desired; divide between 2 bowls; and sprinkle with remaining cheese and egg.

Nutritional Information

Per : Calories: 223, Protein: 5g, Total fat: 17g, Saturated fat: 3g, Carbs: 15g, Cholesterol: 106mg, Sodium: 178mg, Fiber: 2g, Sugars: 10g