



Radicchio is rich in antioxidants, dietary fiber, vitamins and minerals which are thought to promote a healthy heart, reduce cholesterol, increase vitamin C utilization and maybe even reduce cancer risk. Pick some up from Sweet Harvest this week at Market, then snip a bit of rosemary from your window sill garden and give one of these great recipes a try...your heart will thank you!

Braised Radicchio with Onions and Raisins

Prep Time: 10 minutes Cook Time: 15 minutes Total Time: 25 minutes

INGREDIENTS

4 heads radicchio
A red onion, peeled and finely sliced
1/3 cup + 1 tablespoon raisins, plumped for a half hour in warm water to cover
A 3-inch sprig of fresh rosemary
1 tablespoon white vinegar or white wine vinegar
3 tablespoon Olive oil
Salt and pepper to taste

PREPARATION

Rinse the radicchio quite well and quarter each plant lengthwise.

Peel and slice the onion. Heat three tablespoons of olive oil in a broad skillet and sauté the onion over a gentle flame. When the onion has wilted and become pale brown (don't let it burn) add the vinegar and a pinch of salt.

Add the radicchio, the rosemary, and -- after draining them -- the raisins. Sprinkle a little water over all, season to taste with salt and pepper, cover, and simmer for 10 minutes. Serve at once, with a roast or a stew.

Yield: 4 servings braised radicchio.

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Braised Balsamic Radicchio

Prep: 10 minutes Cook time: 40 minutes Total: 50 minutes

INGREDIENTS

4 small radicchio, stemmed and quartered
2 tablespoons olive oil
1/2 onion, finely chopped
2 cloves garlic, minced
1 cup red wine
2 tablespoons balsamic vinegar
3 fresh rosemary sprigs

PREPARATION

1. In a skillet, brown the radicchio on all sides in half the oil. Remove to a baking dish or pie pan that is just big enough to hold the radicchio in a single layer.
2. Add the onion and garlic to the fat remaining in the skillet and cook for 1 to 2 minutes until the onion is softened, but not brown. Add the wine and the vinegar and bring to a boil. Pour over the radicchio, season with salt and pepper and place the rosemary over the top.
3. Bake at 375F for 40 minutes, until radicchio is tender.

Looking for something simpler? This is as easy as it gets --

2 heads radicchio, cored and torn into bite-size pieces
1 tablespoon extra-virgin olive oil
Coarse salt and ground pepper
2 tablespoons balsamic vinegar
1 tablespoon honey

Rinse radicchio (leave some water still clinging to leaves). In a large skillet, heat oil over medium-high. Add radicchio and season with salt and pepper. Cook, tossing, until tender, about 4 minutes. Add vinegar and honey and stir to combine.

Great recipes always available at carnationfarmersmarket.org/recipes