

Belgian Endive

The Belgian Endive is a member of the chicory family; the crunchy, pale leaves are wrapped into small heads and are at the root of the vegetable. The leaves are very healthy—they are high in vitamins A, C, and E, and contain high amounts of fiber, calcium, and potassium.



SIMILAR TO

Endives are in the same family as radicchio, escarole, frisee, and curly endive. They also look similar to more oval, smaller lettuce or cabbage heads.

HOW TO USE

Endives are commonly eaten raw in salads; their raw leaves are good for scooping creamy dips. They can also be roasted, braised, stuffed with other vegetables, grilled, or pan-fried in oil or butter.



RECIPES TO TRY:

Sautéed Endives

from spanglishspoon.com

Takes 10 minutes. Serves 4.

INGREDIENTS

2 Belgian endives

1 tablespoon of cooking oil

Optional toppings: goat cheese, salt, chopped walnuts, balsamic sauce, thyme

1. Cut off a small piece of the stem from each endive. Slice them in half lengthwise.
2. In a pan, heat the cooking oil on medium heat. Put the halves on the skillet until they become soft and brown. This should take around 5-7 minutes.
3. (Optional) Add small pieces of goat cheese, chopped walnuts, thyme, and drizzle on some balsamic sauce.

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Tuna Stuffed Endives

from ketogasm.com

Takes 10 minutes. Serves 4.

INGREDIENTS

3.5 oz Endive

8 oz Solid Albacore Tuna (canned
& drained) 1.4 oz Red Onion (diced)

3 tablespoon cooking oil (optional)

1 tablespoon apple cider vinegar

(optional) Salt (to taste)

1. Cut off base of the endive and individually separate all leaves.
2. In a bowl, combine the tuna and red onion.
3. (Optional) In a separate bowl, mix cooking oil, vinegar, and salt. Drizzle over the tuna and mix.
4. Scoop the tuna mixture into the endive leaves.



Image Credit: ketogasm.com