



Chicory Chicks

Radicchio, Frisée, and Apple Salad

Salad Ingredients

- 2 cups Joe's radicchio
- 2 cups frisée
- 1 Fuji apple
- 1 ounce shaved parmesan cheese (or any hard cheese)

Dressing Ingredients

- 2 tbs fresh lemon juice
- 2 tbs extra- virgin olive oil
- 1 tsp honey
- Salt & pepper to taste

Directions:

1. Combine dressing ingredients in bowl whisking well.
2. Rinse radicchio and frisée in cold water and pat dry. Then, chop into bite size pieces.
3. Combine radicchio and frisée together in a large bowl. Top with thinly sliced apples and shaved cheese.
4. Toss once ready to serve and mangia!



Adapted from <http://www.myrecipes.com/recipe/radicchio-frisee-apple-manchego-salad>