



WellBeingMD's Mindful Kitchen

Bitter Greens Salad with Melted Cheese



Adapted from *Six Seasons - A New Way with Vegetables* by Joshua McFadden

Broiling a salad may be a new experience for you, but the end result of greens covered in a warm blanket of cheese will soon make it one of your favorites. Serves 6

Ingredients:

- 3 tablespoons **red wine vinegar**
- ¼ cup **Extra-virgin olive oil**
- Kosher salt and freshly **ground pepper**
- 1 large head **radicchio** (¾ pound), cored and coarsely shredded
- 2-3 cups of **arugula**
- ¼ pound of **Fontina cheese**, grated
- ½ cup roughly chopped lightly toasted **walnuts or hazelnuts**
- **Balsamic vinegar**, for drizzling

Directions:

1. Heat the broiler to high.
2. In a separate heated pan, add chopped nuts and lightly toast.
3. Whisk the red wine vinegar with ¼ cup olive oil in a large bowl and season with salt and pepper.
4. Add the radicchio and arugula and toss to coat them nicely. Taste and adjust the seasoning.
5. Pile the salad on ovenproof plates or an ovenproof platter and top with the cheese. Broil the salad just until the cheese is melted, about 1 minute. Sprinkle the toasted nuts on top and finish with a drizzle of balsamic vinegar. Serve right away.



Health Benefits of Radicchio

Radicchio is a perennial, small cabbage-like plant. It prefers cold weather, supplanted with well-draining, fertile, moisture rich soil. Like other chicory class of vegetables, is very **low in calories**. The **bitter** principle in the radicchio is **lactucopicrin**. Lactucopicrin is a potent anti-malarial agent and has a **sedative and analgesic (painkiller) effect**. Its leaves are an excellent source of **phenolic flavonoid antioxidants** such as *zeaxanthin*, and *lutein*. Zeaxanthin is a xanthophyll category of flavonoid carotenoid (yellow pigment) which concentrates mainly in the central part of the retina in humans. Together with lutein, it helps **protect eyes from age-related macular disease** (ARMD) by filtering harmful ultra-violet rays.

Fresh leaves hold moderate amounts of **essential B-complex groups of vitamins** such as **folic acid, pantothenic acid (vitamin B5), pyridoxine (vitamin B6) and thiamin (vitamin B1), niacin (B3)**. These vitamins are essential in the sense that human body requires them from external sources to replenish and required for fat, protein and carbohydrate metabolism. Fresh radicchio is one of the excellent sources of **vitamin-K**. Vitamin K has a potential role in bone health by promoting osteoblastic (bone formation and strengthening) activity. Further, sufficient vitamin-K levels in the diet help limiting neuronal damage in the brain. It thus has an established role in the treatment of patients who have **Alzheimer's disease**. Further, it is also a modest source of minerals like **manganese, copper, iron, zinc, and potassium**.

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Home of "The Mindful Kitchen"

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