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## **Radicchio Salad**

### **Serves 4**

|        |   |
|--------|---|
| 2 T    | coarsely chopped pine nuts or walnuts             |
| 1 T    | strong brewed tea (e.g., Earl Grey, orange pekoe) |
| 1 T    | Balsamic vinegar                                  |
| 2 t    | Olive oil, preferably extra-virgin                |
| 1 t    | Dijon mustard                                     |
|        | Salt and freshly ground black pepper to taste     |
| 6 cups | cups (2 heads) washed, dried, and torn radicchio  |

In a small, dry skillet over low heat, stir pine nuts or walnuts until lightly toasted, 3-5 minutes. Transfer to a plate to cool.

In a salad bowl, whisk together the tea, vinegar, olive oil, mustard, salt and pepper.

Add radicchio and toss well. Sprinkle with the toasted nuts.

### **Nutrient Facts** *Based on a single serving.*

|               |            |
|---------------|------------|
| Calories      | 51calories |
| Protein       | 2gm        |
| Fat           | 5gm        |
| Carbohydrates | 2gm        |
| Sodium        | 6mg        |
| Cholesterol   | 0gm        |