

# Radicchio Side Salad

Bright, crunchy, and full of flavor, this colorful salad combines tart apples, tangy blue cheese, and toasted pecans for a fresh, balanced side dish.

Makes: 6 Servings  
 Prep Time: 10 minutes  
 Cook Time: 0 minutes

Source: OSU Extension



Small Changes,  
 BIG Difference!

## Ingredients

- 1 medium tart apple, cored and diced
- 1 tsp lemon juice
- 1 head radicchio, cored and torn into bite-sized pieces
- 4 cups fresh spinach, stemmed and torn into bite-sized pieces
- 2 oz crumbled blue cheese
- ½ cup chopped pecans, toasted
- 2 ½ Tbsp canola oil
- 2 Tbsp cider vinegar
- 1 Tbsp honey
- 1 ½ Tbsp Dijon-style mustard

## Directions

1. In a small bowl, sprinkle diced apple with lemon juice
2. In a large bowl, combine apple, radicchio, spinach, blue cheese, and pecans
3. In the same small bowl, whisk together oil, vinegar, honey, and mustard.
4. Pour dressing over salad and toss until evenly coated. Serve immediately.



## Nutrition Information

Serving Size: 1/6 of recipe

Nutrients	Amount
Calories:	180
Total Fat:	15g
Saturated Fat:	3g
Cholesterol:	7mg
Sodium:	197mg
Total Carbohydrates:	12g
Dietary Fiber:	3g
Total Sugars:	8g
Added Sugars:	4g
Protein	5g

## Utensils Needed

- Sharp knife
- Cutting board
- Large bowl
- Fork or whisk
- Salad tongs
- Measuring spoons
- Measuring cups
- Small bowl



# SHOPPING LIST

Average total cost without oil and seasonings: \$17.68

Average cost/serving: \$2.95

Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

## Ingredients



Add 1 to Cart  
Radicchio



Add 1 to Cart  
Pecans



Add 1 to Cart  
Apple



Add 2 to Cart  
Bunch of spinach



Add 1 to Cart  
Blue cheese

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Chef's Notes

- Substitute walnuts or almonds for pecans if preferred
- Add grilled chicken or tofu to make it a main dish
- For a lighter dressing, reduce oil to 2 Tbsp
- Use any crisp apple variety. Granny Smith adds extra tartness.

