

# LOVE THY CARROT

*real food made with love*

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## GRILLED RADICCHIO SALAD

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This recipe makes 4 servings.

### INGREDIENTS

#### For the salad

2 radicchio, medium size ( any variety, I used Treviso)  
1 box, (5oz) baby kale  
2 tbsp olive oil, (more if needed)  
1 large or 2 small ruby grapefruit  
1 large or 2 small oranges, (any variety)  
½ cup pistachio nuts, lightly salted  
½ cup feta cheese, crumbled  
handful fresh mint leaves, torn  
½ tsp salt  
freshly ground black pepper to taste

#### For the salad dressing

½ cup plain 2 % Greek yogourt  
¼ cup extra-virgin olive oil  
1 tbsp Dijon mustard  
2 tbsp honey  
1 tbsp grapefruit juice  
1 tbsp orange juice  
1/4 tsp salt  
freshly ground black pepper to taste

### DIRECTIONS

#### For the salad

1. Cut the radicchio into quarters, but leave the core intact. Carefully spread the radicchio apart and using a pastry brush lightly brush with olive oil.
2. Pre-heat grill pan to medium heat, once hot add 1 tbsp of the olive oil and place the radicchio in the pan. Grill for 2 to 3 minutes, if needed add a bit more oil, turn radicchio over and continue cooking until the edges are nice and browned and the leaves have softened. The radicchio should be lightly charred. Take off the heat and set aside.
3. Using a sharp knife peel and slice both grapefruits and oranges, I like to do this over a bowl to catch the juices, (the juice will be added to the salad dressing). Set aside.

### **F o r t h e s a l a d d r e s s i n g**

1. Add all ingredients to a small bowl and whisk until well blended.
2. Taste and adjust seasonings. If not sweet enough for you add a bit more honey.
3. Set aside until ready to assemble the salad.

### **T O A S S E M B L E**

1. Place the baby kale on a large serving platter.
2. Lay the grilled radicchio on top of the baby kale.
3. Place grapefruit and orange segments over the radicchio.
4. Top with crumbled feta cheese.
5. Scatter with pistachios and fresh mint leaves.
6. Drizzle with salad dressing, salt and a few grinds of pepper.

### **C O O K S N O T E S**

Any leftover dressing can be stored in the refrigerator for up to one week.  
You can use any soft cheese in place of the feta; try goat cheese or buffalo mozzarella.