

Featured Whole Food



ENDIVE AND BELGIUM ENDIVE

About Endive

- Endive is a member of the Asteraceae botanical family, which also includes artichoke, chicory, escarole, Jerusalem artichoke, lettuce, radicchio, romaine, safflower and sunflower. There are two distinct forms of the endive vegetable.
- Endive, pronounced “en-dive,” is a leafy green lettuce grown outside in fields, similar to other lettuce varieties. The endive plants are harvested, packaged and sent to grocers directly from the field and eaten like lettuce greens.

About Belgian Endive

- Belgian endive, pronounced “un-deev,” requires a distinct two step growing process.
 - First, chicory seeds are sown and grown in a field for around 150 days. The chicory seeds grow a deep taproot along with a leafy green plant on the surface.
 - Once mature, the tops are cut off and the roots are dug up and placed in cold storage for a dormancy period.
 - The roots are then removed from cold storage for a second growth of approximately 28 days in a dark, cool, humid room until fully developed and ready for sale.
- The Belgian endive plants contain two varieties, red and white.
- In the United States, Belgian endive is grown under the brand California Endive.

Nutrition Information

- Endive is an excellent source of vitamin K and vitamin A.
 - Vitamin K is required from building bones and blood clotting.
 - Vitamin A is involved in immune function, healthy vision and reproduction.
- Endive can be eaten raw or cooked. Add to salads or soups, roast, grill or sauté.

Nutrition Facts (1/2 cup, raw)

Calories: 425 ♦ Protein: 0.3 g ♦ Fat: 0.05 g ♦ Carbohydrate: 0.8 g ♦ Fiber: 0.7 g ♦ Calcium: 13 mg
Magnesium: 3.75 mg ♦ Phosphorus: 7 mg ♦ Iron C: 0.2 mg ♦ Folate: 35.5 mcg ♦ Vitamin A: 542 IU

Source: fdc.nal.usda.gov

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Endive Recipes



Roasted Endive with Walnut Vinaigrette (Yields 8 servings)

Ingredients:

12 Belgian endives
Olive oil
2 Tbsp. white wine vinegar
1 tsp. Dijon mustard
1/2 tsp. sugar
6 Tbsp. walnut oil
1/4 cup walnuts, chopped & toasted
Salt & black pepper

Directions:

1. Preheat the oven to 400°F. Set aside a baking sheet.
2. Remove the root end of the endives, then cut endives in half lengthwise. Set on the baking sheet.
3. Sprinkle with salt, pepper and olive oil. Coat endive evenly and place cut side down.
4. Roast for 25 minutes or until tender and lightly browned.
5. While the endive is baking, prepare the vinaigrette. Mix the vinegar, mustard and sugar. Add the walnut oil and whisk until well combined. Add the toasted walnuts and season with salt and pepper.
6. Drizzle the roasted endive with the vinaigrette and eat immediately.

Nutrition per serving: 260 calories, 230 mg sodium, 9 g protein, 0 mg cholesterol, 0 g fiber, 23 g carbohydrate, 4 g sugar, 18 g fat.

Recipe from food52.com

Endive Cashew Slaw (Yields 6 servings)

Ingredients:

2 Tbsp. olive oil
1 tsp. toasted sesame oil
2 Tbsp. rice wine vinegar
1 Tbsp. soy sauce
4 tsp. honey, liquefied
1 Tbsp. fresh ginger, grated
1 cup cashews, roasted & salted
1-3 tsp. red chili flakes
6 heads Belgian endive, shredded

Directions:

1. In a small bowl mix the oils, vinegar, soy sauce, honey and ginger until combined.
2. Pour the dressing over the shredded endive and toss. Add red chili flakes and cashews.
3. Toss again and serve immediately.

Nutrition per serving: 280 calories, 480 mg sodium, 9 g protein, 0 mg cholesterol, 0 g fiber, 28 g carbohydrate, 9 g sugar, 17 g fat.

Recipe from endive.com

Citrus Endive Avocado Salad (Yields 4 servings)

Ingredients:

1 tsp. honey
1 Tbsp. white wine vinegar
1/4 tsp. sea salt
Ground black pepper to taste
2 ripe avocados
1 large red grapefruit
1/4 cup extra virgin olive oil or avocado oil
2 Tbsp. tangerine juice, freshly squeezed
2 medium tangerines, plus more for juice
4 medium endives, trimmed, leaves separated
2 Tbsp. fresh mint leaves, finely chopped
1/4 cup roasted almonds, chopped

Directions:

1. In a small bowl add honey, tangerine juice, salt and pepper and combine. Whisk in the oil until well blended.
2. Slice the avocados in half, remove the seed, and cut thick slices in each shell and scoop out with a spoon. Toss the avocado slices in the dressing to prevent browning.
3. To cut the citrus fruit, slice a thin piece of the peel from the bottom and top of the fruit. Place the fruit on one of the flat sides. Cut along the natural curve of the grapefruit to remove the skin. Once the peel and pith is all removed, place the fruit in your hand over a bowl. Cut alongside each individual membrane with a paring knife. The fruit segments will slide right out. Continue until all segments are free.
4. In a serving dish, carefully toss the avocado slices, endive leaves and citrus segments with the remaining dressing. Season with additional salt and pepper if desired and serve with mint leaves and almonds.

Nutrition per serving: 270 calories, 170 mg sodium, 6 g protein, 0 mg cholesterol, 23 g carbohydrate, 4 g fiber, 7 g sugar, 20 g fat.

Recipe from gourmandeinthekitchen.com

Chicken Endive Salad (Yields 3 servings)

Ingredients:

1/4 cup walnut pieces
1 Tbsp. balsamic vinegar
2 tsp. olive oil
Salt to taste
1 1/2 cups cooked, shredded chicken
3 medium Belgian endive (cored and chopped)
1 tsp. dried tarragon, parsley or basil

Directions:

1. Combine all ingredients together in a medium bowl and mix. Serve in a wrap or on crackers.

Nutrition per serving: 250 calories, 350 mg sodium, 2 g fiber, 10 g fat, 14 g protein, 50 mg cholesterol, 29 g carbohydrate, 14 g sugar.

Recipe from thegraciouspantry.com