

Escarole

Key Points

- For best buy, look for escarole with bright green leaves with no wilting, bruising or yellowing.
- To prepare escarole, remove any tough or damaged outer leaves. Cut off the root and tear leaves into large pieces. Rinse and dry well.
- To store fresh, wrap unwashed greens in a damp paper towel and keep in the refrigerator for up to 1 week.
- Escarole contains vitamin A, which is good for healthy eyes and skin.



Beets, Beans and Greens Salad

Ingredients:

- 1/4 cup lemon juice or vinegar
- 1 garlic clove, minced
- 2 teaspoons mustard
- 2 tablespoons vegetable oil
- Salt and pepper to taste
- 2 cups sliced cooked beets
- 1 head escarole, torn into bite size pieces
- 2 cups cooked white beans

Directions:

1. Make the dressing: In a large bowl, combine the lemon juice, garlic, mustard, oil, salt and pepper.
2. Place the sliced beets in a small bowl.
3. Measure 1 tablespoon of the dressing and add to the beets. Toss well to coat the beets in the dressing.
4. Add the escarole and beans to the remaining dressing in the large bowl. Toss well.
5. Place the escarole and bean mixture onto 6 plates.
6. Top the salad with the beets and serve. Enjoy!
7. Refrigerate leftovers.

Makes 6 servings.

Escarole and Beans

Ingredients:

- 2 tablespoons vegetable oil
- 2 garlic cloves, minced
- 1 chopped onion
- 1 head escarole, chopped
- 1/4 cup low sodium chicken broth
- 2 cups cooked white beans
- 2 tablespoons parmesan cheese (optional)
- Dash red pepper flakes (optional)

Directions:

1. In a large pot, heat oil over medium heat.
2. Add garlic and cook for 1 minute, stirring often.
3. Add onion and cook for 2 minutes more.
4. Add escarole and cook until wilted, about 2 minutes.
5. Add the chicken broth and white beans.
6. Simmer until the beans are heated through, about 5 minutes.
7. Season with red pepper flakes and parmesan cheese.
8. Serve and enjoy!
9. Refrigerate leftovers.

Makes 4 servings.

Quick Tips

- A medium head of escarole equals 7 cups torn leaves.
- Stir chopped escarole into soup a few minutes before serving.
- Add a few escarole leaves to a green salad.
- Remember to rinse all fruits and vegetables before using.



The Nutrition Facts Label—What does it tell us?

Recipe name: Beans and Greens Salad

Nutrition Facts			
Serving Size: 1/8 of recipe (217g)			
Servings Per Recipe: 8			
Amount/Serving			
Calories 150		Calories from Fat 45	
% Daily Value*			
Total Fat	5g		8%
Saturated Fat	0g		2%
Trans Fat	0g		
Cholesterol	0mg		0%
Sodium	380mg		16%
Total Carbohydrate	20g		7%
Dietary Fiber	7g		29%
Sugars	4g		
Protein	6g		
Vitamin A	70%	Vitamin C	30%
Calcium	10%	Iron	15%
*Percent (%) Daily Values are based on a 2,000 calorie diet.			

1. Start with Serving Size.

2. Check Calories.

3. Limit these:

- Total Fat
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:

- Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

Percent (%) Daily Value:
5% or less is LOW
20% or more is HIGH

The Nutrition Facts Label—What does it tell us?

Recipe name: Escarole and Beans

Amount/Serving		% Daily Value*	
Calories	228	Calories from Fat	63
Total Fat	7g		8%
Saturated Fat	0g		0%
Trans Fat	0g		
Cholesterol	2mg		1%
Sodium	82mg		3%
Total Carbohydrate	29g		10%
Dietary Fiber	11g		44%
Added Sugars	0g		
Protein	12g		
Vitamin A	4%	Vitamin C	13%
Calcium	20%	Iron	28%

*Percent (%) Daily Values are based on a 2,000 calorie diet.

1. Start with Serving Size.

2. Check Calories.

3. Limit these:
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•Saturated Fat
•Trans Fat
•Cholesterol
•Sodium

4. Get enough of these:
•Fiber
•Vitamin A
•Vitamin C
•Calcium
•Iron

Percent (%) Daily Value:
5% or less is LOW
20% or more is HIGH