

Kenny's Favorite Salad Recipe

You will love this!

I eat a lot of salads and this is my go-to for easy, delicious, and an interesting crowd pleaser. Bitter, crunchy and tangy, the salad is greater than the sum of its simple parts.

INGREDIENTS

For the Dressing

2 tablespoons Blue Rock olive oil
1 1/2 tablespoons white balsamic vinegar
Dijon mustard to taste
Salt and freshly ground pepper

For the Salad:

4 Belgian endive heads
4 ounces frisée
One radicchio head
1 small apple if desired
2 ounces Salami if desired



RECIPE

- One radicchio head: Finely shredded into manageable bite size pieces
- 4 Belgian endive heads: Cut off the tough bottom and separate the whole leaves. You will have to repeat to get more whole leaves. With the remainder cut into manageable bite size pieces
- Add other hearty salad leaves such as frisée, romaine, or arugula
- Wash and dry all. You can hold in a bag in the frig for days!
- Dressing. Wisk together at +/- 3 to 1 ratio Blue Rock olive oil (if other, use GREAT quality), Dijon mustard to taste, Salt & pepper. For vinegar, I love white Balsamic to add some sweetness to complement the bitter greens, but any other favorite vinegar will work. Taste!!! Adjust to your preference.
- Mix all together in a large bowl and you are ready.
- The addition of apple and/or salami adds more heft and some additional interest.