

Mixed Chicory Salad with Quick Pickled Veggies, Crushed Hazelnuts and Dill

Prep time: 30 minutes

Yields: 4 servings

Ingredients:

Dressing:

½	shallot, finely chopped
1/3 cup	seasoned rice wine vinegar
1/3 cup	good olive oil or sesame oil
2 teaspoons	Dijon mustard (I like the OrganicVille Dijon best.)
2 teaspoons	honey
¼ teaspoon	salt, or to taste
¼ teaspoon	pepper, to Taste

Salad Greens:

1 head	frisse, torn into bite size pieces
1 head	radicchio, halved and thinly sliced crosswise
1	endive, base trimmed and thinly slices crosswise
4	radish, quartered and sliced thin
¼	fennel Bulb, stalks and fronds removed, and base trimmed
¾ cup	seasoned rice vinegar
1 tablespoon	honey
¼ cup	warm water
1 bunch	dill, finely chopped
½ cup	hazelnuts, crushed

Directions:

To make the dressing, I recommend making the dressing ahead of time so the shallot can “pickle” which will remove the bitter/sulfur like taste.

To make the dressing, peel the skin off the shallot and finely chop it. Add to a mason jar with a tight fitting lid. Add the seasoned rice vinegar, oil, Dijon mustard, honey, salt and pepper. Tightly screw lid on and give the mason jar a good vigorous shake. Set aside.

The Quick Pickle:

Thinly slice radishes and fennel. Place the radishes in a cup and the fennel in another cup. Mix ¾ cup seasoned rice vinegar with ¼ cup water and 1 tablespoon of honey. Pour half over the radishes and half over the fennel. Let pickle for at least 15-30 minutes. Finely chop dill and crush hazelnuts. Place in a large salad bowl.

Lauren Haas

WILD ORGANIC WELLNESS

Phone: +1 310.500.5846

Email: lauren@haasholistic.com

Facebook: [@HaasHolistic](https://www.facebook.com/HaasHolistic)

Chicory Greens:

Wash and dry frisse, radicchio and endive.

Tear frisse into bite size pieces and place into the large salad bowl with the dill and hazelnuts. Quarter radicchio and thinly slice. Place in salad bowl. Trim the base of the endive, cut in half and thinly slice. Add to salad bowl.

To serve, drain the radishes and fennel. Discard the liquid. Add pickled radishes and fennel to the large salad bowl and evenly toss all the ingredients.

Shake the dressing jar and toss desired amount of dressing into the salad.

If you have leftover dressing, leave it in the jar, covered to use for the rest of the week.

Feed Your Wild

Wellness

Happiness

Balance

Good Food

Love

Vibrance