

ESCAROLE

Escarole also sometimes called Batavian endive or scarola is one of the three main types of endive. It is available year round with its peak season in winter and spring. Escarole has broad, slightly curly, pale green leaves. The texture of escarole is crunchy and crisp and its taste is nutty and bitter. When picked young it is best eaten raw in salads. More mature escarole is best cooked as a side dish or used to make hearty soups.

Escarole is high in folate, vitamins A and C, iron, magnesium, potassium, thiamin and riboflavin.