



Cooking Essentials for a Flavorful Life™

Frisee and Treviso Salad with Chipotle Dressing

A delicate salad with a kick of smoky spice.

Prep Time: 25 minutes

Yield: 16 (1 cup) servings

Ingredients

Salad

- 1 large head frisee (about 11 ounces)
- 1 head treviso (about 9 ounces)
- 4 large carrots, finely sliced
- 4 green onions, finely sliced
- 4 stalks celery, trimmed and finely sliced

Chipotle Dressing

- 2 tablespoons distilled vinegar
- 2 tablespoons water
- 1 tablespoon Dijon-style mustard
- 1 tablespoon agave nectar
- 1/2 cup extra virgin olive oil
- 1-2 chipotle peppers in adobo, (canned)
- 1/4 cup chopped shallots
- 1/4 teaspoon kosher salt

Preparation

1. Finely chop frisee and treviso.
2. Mix frisee, treviso, carrots, onions and celery in a large salad bowl. Toss to combine and set aside.
3. Place vinegar, water, mustard, agave, olive oil, chipotle peppers, shallots and salt into a blender. Cover and blend on high for about 60 seconds or until smooth and creamy.
4. Pour dressing over salad and toss to combine. Serve immediately.

Cook's Note: Use only 1 chipotle pepper in the dressing for a milder flavor.

Nutrition Facts per serving (1 cup): 90 calories; 7g total fat; 1g saturated fat; 0mg cholesterol; 90mg sodium; 5g carbohydrates; 2g fiber; 1g protein

Recipe Provided By Chef Stephanie Green, RDN

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