



WHITE-VEINED RED CHICORY WITH LENTILS & ORANGE

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1 "flour" of radicchio di Treviso dop (this white-veined red chicory);
- 1 cup (tea cup) of cooked lentils;
- orange peels;
- a teaspoon of dried garlic flakes;
- juice of half orange;
- 1 tablespoon of olive oil extra-virgin;
- salt and pepper.

Instructions

Wash and clean the radicchio leaves, cutting their base off and cutting them into large pieces (about 2 1/2 cm).

Season the lentils with the dried garlic flakes, orange juice, olive oil, salt and pepper.

In a large bowl, mix the pieces of radicchio with the seasoned lentils, adjusting salt and pepper, if it's necessary.

Sprinkle orange peels and serve it! ;)