



# Radicchio Peach Basil Caesar Salad

By Laura Bennett, [Eloisa Organic Farm](#) and [The Vegucation Station](#)

If you've yet to fall in love with chicories, this salad is a great place to start! Although we often associate bitter with bad, we actually love bitter flavors such as coffee and chocolate, although we generally combine them with sugars and fats to balance the bitterness out. This salad uses the sugars in fresh peaches and the fats in the creamy dressing, cheese, and nuts to balance out the flavors. In the fall and winter, you can use apples and pears instead of peaches for your fruit. You can use this salad structure and alter the individual ingredients as the seasons change. Enjoy!

**Yield:** serves 2-4 people depending on salad bowl size

## Ingredients:

- Radicchio (or any bitter chicory green)
- Basil
  - *Substitute fennel / parsley in fall/winter*
- Peaches
  - *Substitute apples & pears in fall/winter*
- Nuts (walnuts, hazelnuts, etc.)
- Cheese (sharp cheddar, parmesan, etc.)
- Creamy dressing of choice (Caesar, etc.)
- Croutons



## Directions:

1. Chop up your radicchio and toss around in a large bowl with your dressing to coat evenly. It's good to let your greens sit in the dressing as you prepare the rest of the salad so that they can tenderize a bit.
2. Chop up half to an entire bunch of basil into fine slices and add into your dressed salad. Don't worry about removing stems or plucking the leaves off individually, as long as it's chopped up nice and fine you won't notice a thing! Let your dressed greens and herbs sit.
3. Chop up your fruit any way you would like, thin slices or big chunks, chopper's choice. Set aside.
4. Roughly chop your nuts and toast in a dry pan if you'd like. If you're making your own croutons, you can toast them and the nuts up together in the same pan. Set aside.
5. Grate your cheese, and you are ready to assemble! Feel free to just throw everything together and toss around, or add your fruit, cheese, and nuts individually after plating. I usually at least keep the nuts and croutons aside to retain their crispiness, but you can do whatever you'd like!

