



Baked Belgian Endives

Italians love “indivia.” Vegetable greens, raw and cooked, play a prominent role in Italian meal planning all year long but some are given special attention for holiday meals. This recipe has graced our table at Christmas and special family events. The exquisite blending of its flavors belies the simplicity of the preparation of this side dish.

Serving size: 8 (2 halves each).

Ingredients

8 endives, approximately 5 oz each
2 tablespoons salted butter
pinch salt
pinch sugar
½ cup (approximately 2 oz) gorgonzola, crumbled
2 tablespoons (5 halves) walnuts, chopped

Directions

1. Trim a thin sliver off the root end of each endive. Slice vertically each endive in half taking care to keep loose leaves together. Under running water, gently wash them, shake off excess water and pat dry with a paper towel.
2. Melt the butter in a heavy, deep skillet, large enough to accommodate the endives in one layer. Lower the flame and place the halved endives in the skillet cut side down. Sprinkle the salt and sugar. Cover tightly and cook slowly for 15 minutes.
3. Using 2 spoons or small tongs, carefully turn the endives over and continue to cook for another 15 minutes.
4. In the meantime, heat the oven to 375 degrees. Cover the bottom of an oven-proof casserole with vegetable spray.
5. When the endives are full cooked, carefully transfer them to the casserole. Pour any pan juices over them, sprinkle the cheese and the nuts. Bake for 15 minutes. Serve hot.

Nutritional Information

Calories: 80	Carbohydrates: 1 g
Protein: 2 g	Fat: 6 g
Saturated Fat: 3 g	Cholesterol: 14 mg
Fiber: < 1 g	