

# Escarole

- Wash in a salad spinner, dry and chop.
- Mix into soups, use as a salad base mixed with lettuce or other greens, place onto sandwiches, or grill.
- Eat quickly! (3-5 days)

Store in a dry plastic bag loosely sealed in the fridge.

*To freeze: blanch leaves for 2 min, cool, dry, and store in a sealed bag.*

