

Health Benefits of Curly Endive



Endive is a leaf vegetable that include several species including curly endive or frisée and broad leaf heads called escarole or Belgian endive. This document highlights the nutrition in the curly endive variety.

Curly endive has narrow stems and curly leaves. The outer leaves are deep to pale green and the stems are usually light yellow to white. The outer greens have a slightly bitter flavor and crisp texture so they are usually mixed with other leafy greens. Wilting or sautéing will mellow bitterness. The inner leaves have a milder flavor.

Endive is usually grown in summer and fall but likes cooler temperatures making it idea for growing year-round in Oregon if protected from frost. Plants flourish in standard soil or in pots.

WHAT MAKES CURLY ENDIVE GREAT?

Nutrition

1 cup chopped curly endive has 7 calories, 0.1g protein, 0.1g fiber, no fat, and no cholesterol.

Vitamins

Like other greens, endive contains several antioxidants including beta-carotene and vitamins C and K. Vitamin K helps make proteins required for blood clotting and the building of bones. It is also a source of polyphenol antioxidants that protect against heart disease and folate in greens supports the development of DNA and RNA.

Minerals

Endive contains manganese which plays a role in metabolism, bone formation, the immune response and works with vitamin K in blood clotting. Potassium in endive helps regulate blood pressure. Endive also contains small amounts of magnesium, calcium, iron, zinc, copper and phosphorus.

Fiber

Fiber in endive can help reduce constipation, hemorrhoids, and aid in weight control. Plus, endive is very low in Calories.

Phytonutrients (plant compounds)

Endives contain a powerful flavonoid called kaempferol. It works as an antioxidant by protecting against free radicals that promote cancer development. Studies have shown that kaempferol inhibits certain types of cancer, such as those found in the breast, bone, cervix, and more. Kaempferol works by inducing the death of tumor cells and reducing inflammation without negatively impacting healthy cells. Kaempferol also has antimicrobial and antidiabetic properties, and protects the heart and brain.

BUYING & USING ENDIVE

Curly endive can usually be found year-round at grocery stores. Look for endive as part of pre-packaged salad mixes or seek out fresh greens in bulk or at farmers' markets. Due to its distinct color, shape, and texture, endive is easy to spot. Leaves should be crisp and free of browning. Both the leaves and stems are edible and nutritious.

Endive can be stored unwashed in a plastic bag and placed in the refrigerator for about ten days. Rinse in cold water and pat dry with a paper towel right before using. Wilted or slimy leaves indicate that the endive is spoiled and unusable.

The most common use of endive is mixed with other salad greens. Because of its slightly bitter flavor and crispy leaves, it pairs well with sweet fruit like oranges or strawberries. Add to sandwiches or sauté with onions and white beans for a hearty side dish. (see recipes pg 2)



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[https://extension.oregonstate.edu/coos/
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Curly endive is a delicate vegetable and can easily be torn instead of chopped, making it a great ingredient to use in kids-friendly recipes. Adding an acidic ingredient can also cause the leaves to wilt, so add dressings with vinegar or lemon juice right before serving.

Brown Rice Endive Salad

Adapted from Allrecipes.com

Ingredients:

- ½ cup uncooked brown rice with 1 cup water
- 1 head curly endive, chopped
- ⅓ red onion, finely chopped
- 2 Tbsp balsamic vinegar
- 1 Tbsp extra-virgin olive oil, or to taste
- salt and ground black pepper to taste

Directions:

1. Bring the brown rice and water to a boil in a saucepan. Reduce heat to medium-low, cover and simmer until the rice is tender and the liquid has been absorbed, 45 to 50 minutes. Allow the rice to cool.
2. Place the rice, endive, and red onion in a large bowl. Drizzle the balsamic vinegar and olive oil on top, mix and season with salt and pepper.

Curly Endive Salad with Hot Tahini

Sanaacooks.com

Ingredients:

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| 1 head curly endive | 4 Tbsp olive oil |
| 1 Anaheim pepper, seeded, diced | 1/3 cup pomegranate molasses (or molasses) |
| 4 stalks celery, diced | 4 Tbsp tahini |
| 6 baby purple potatoes | 1/2 c lemon juice + zest from 1 lemon |
| 6 baby yellow potatoes | 1/4 tsp chili paste or cayenne pepper |
| 12 plum tomatoes | 1/4 tsp ground cumin |
| | Salt to taste |

Directions:

1. Chop endive into 2" pieces. Sprinkle with salt and massage, gently squeezing out moisture.
2. Toss endive with pepper and celery in bowl and drizzle with 1 Tbsp olive oil and lemon juice.
3. Cube potatoes and toss into roasting pan with 3 Tbsp olive oil. Roast at 450°F for 15 minutes.
4. Whisk pomegranate molasses with tahini, lemon juice, cumin, chili paste, lemon zest and salt.
5. Place roasted potatoes on top of endive salad and add tomatoes on top of that.
6. Drizzle tahini dressing over vegetables and serve.

White Beans and Greens

foodinjars.com

Ingredients:

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| 1/4 cup extra virgin olive oil | 4 cups cooked or canned white beans, rinsed |
| 10-12 cups chopped curly endive mixed with other greens like spring mix, romaine, escarole, arugula or spinach | 1/3 cup grated vegan cheese |
| | Juice of 1 lemon |
| | salt and pepper to taste |

Directions:

1. Heat the oil in a large skillet over high heat until it shimmers and then heap the greens into the pan. Put a lid on the pan to help the greens wilt a little.
2. After 2 to 3 minutes of cooking, check to see if the greens have wilted. If so, add the garlic, beans, and cheese and stir to combine. Add 2-3 tablespoons of water and cook for another minute or two, until the greens are tender and the liquid in the pan has coalesced into a creamy sauce.
3. Add the lemon juice, a little salt, and 6 or 7 turns of a pepper grinder. Taste and adjust the seasonings until you're pleased. Serve hot or room temperature.

REFERENCES

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