

Puntarelle alla Romana (Chicory Shoots Salad)

Ingredients

- 1 bunch puntarelle (or chicory), sliced thin and soaked in cold water
- 1 garlic clove, minced
- 1 tbsp red wine vinegar
- 2 tbsp olive oil
- Salt and black pepper to taste

Instructions

1. Slice puntarelle thinly and soak in cold water for 30 minutes to curl.
2. In a small bowl, mix garlic, vinegar, olive oil, salt, and pepper.

3. Drain puntarelle and toss with the dressing.

4. Serve chilled or at room temperature.

Benefits

Bitter greens promote liver detox and digestion; raw garlic supports immunity.