



Escarole



ESCAROLE				
Pack Qty:	Qty/Tier:	Qty/PL	UPC/PLU:	Case Weight:
12 Ct. Liner	8	64		13-15 lbs.
24 Ct. Liner	7	42		23-25 lbs.

SHRINK-WRAP ESCAROLE				
Pack Qty:	Qty/Tier:	Qty/PL	UPC/PLU:	Case Weight:
12 Ct	4	48	0-27918-90123-6	13-15 lbs.

DESCRIPTION:

Tanimura & Antle Escarole, a member of the endive family, has broad, slightly curved, pale green leaves. It should have a full base and compact heart, and has a milder taste than endive.

Nutrition Facts

Serving Size: 1-1/2 cups chopped escarole

Amount Per Serving

Calories 15

Calories from fat 0

% Daily Value*

Total Fat 0g 0%

Saturated Fat 0g 0%

Cholesterol 0mg 0%

Sodium 15mg 1%

Total Carbohydrate 3g 1%

Dietary Fiber 2g 8%

Sugars 0g

Protein 1g

Vitamin A 30% • Vitamin C 8%

Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

CARE & HANDLING:

- Ideal storage temperature: 34°-36°F/85-90% relative humidity. Refrigerate immediately after receiving.
- First in/first out rotation.
- Store in area with good air circulation and away from ethylene-producing fruits to avoid russeting, spotting or decay.

SAFE PRODUCE HANDLING:

- Wash hands with hot soapy water before and after handling fresh produce.
- Refrigerate produce as soon as possible after purchasing. Refrigerate cut or chopped produce within two hours of peeling or cutting. Once cut, leftover produce should be discarded if left at room temperature for more than two hours.
- Wash all vegetables with cool tap water immediately before eating. Don't use soap or detergents. Cut away any bruised or damaged areas before eating.

Italian Garden Salad

4-6 servings

- 4 cups chopped rinsed Tanimura & Antle® Escarole Lettuce**
- 4 cups chopped rinsed Tanimura & Antle® Romaine Lettuce**
- 1 can (15 oz.) garbanzo beans, rinsed, drained**
- 1 cup sliced rinsed celery**
- 1 cup croutons**
- 1 cup cherry or grape tomatoes, rinsed**
- 1/2 cup shredded Parmesan cheese**
- Prepared balsamic dressing**

1. Combine escarole and romaine lettuces, beans, celery, croutons, tomatoes and cheese in bowl. Add dressing, as desired; toss.



MERCHANDISING & CONSUMER TIPS:

- Sauté with olive oil and garlic and sprinkle with grated Parmesan cheese; serve with grilled fish or Italian sausages. Cross-merchandise with olive oil, minced garlic and grated Parmesan cheese.
- Sensational salads! Cross-merchandise with fennel, oranges, goat cheese and citrus or poppy seed vinaigrette dressing. Also, see recipe to the left.
- Escarole can be eaten raw or cooked.
- Global gourmet! Make a classic Italian escarole soup with chicken broth, meatballs and pasta.
- Store escarole in the crisper or produce drawer of refrigerator, up to 1 week. Wash right before eating.