

What's Fresh:

Lettuce



It's naturally good!

- ◆ Only 15 calories per serving
- ◆ Rich in beta carotene and antioxidants
- ◆ Good source of vitamins A, B-6 & K

Storage Tips:

- Do not wash until ready to eat.
- To keep fresh, wrap in damp paper towel and refrigerate.
- Use within 2-3 days

Variety is key!

Lettuce comes in many different varieties.

Red and dark green varieties are the most nutritious.

Try mixing varieties together for a different taste.

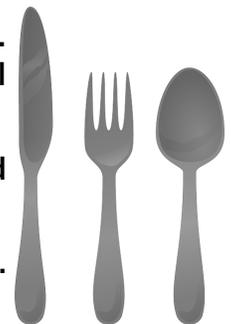
Preparation Tips:

- ◆ If the white core is attached, cut the leaves away with a knife and discard the core.
- ◆ Discard any leaves that are wilted or spoiled.
- ◆ Wash before using. Submerge the leaves in cold water or rinse in a colander. Place them in a single layer on a paper towel and pat dry.
- ◆ Cut or tear the leaves into bite-size pieces.

Ways to eat lettuce:



- ◆ **Toss with homemade salad dressing** Homemade dressing is much healthier and less expensive than store-bought. See recipe on back.
- ◆ **Make lettuce wraps.** Use lettuce leaves to wrap your favorite sandwich fillings as an alternative to bread.
- ◆ **Grill it.** Romaine lettuce works best. Cut romaine in half lengthwise. Remove outer leaves. Drizzle lightly with oil on both sides of each half. Grill all sides slightly charred. Season to taste and serve as a side.
- ◆ **Use as a pizza topping.** Once pizza has been cooked, top it with shredded lettuce for extra vitamins and crunch.
- ◆ **Add to smoothies and juices.** Boost nutrition without tasting the difference. Add 1 cup of lettuce to your favorite smoothie recipe.



See more recipes on the back



