

Lettuce

How to Prepare:

Clean leaves and cut or tear into bite size pieces.

How to Use :

Lettuce of all types is most often eaten raw in salads, or as garnishes for sandwiches. It can be used in a soup or stir-fry as well.



How to Store :

Rinse, dry well. Wrap in towel, store in airtight container, refrigerate for up to five days

Nutrition Facts:

Romaine lettuce is high in folate and Vitamin K, and contains Vitamin A and C. Iceberg lettuce is a good source of folate.

Lettuce Recipes

Lettuce Wraps

- 1/4 cup water
- 1 tablespoon cornstarch
- 1/2 cup teriyaki sauce
- 1 pound ground turkey
- 1/2 Onion
- 1 carrot (grated), 1 cup celery (chopped)
- 1 tablespoon cooking oil
- 6 iceberg lettuce leaves

1. In a bowl, mix water, cornstarch, and teriyaki sauce.
2. Heat oil in a skillet or heavy saucepan.
3. Add onion and cook for 3 minutes.
4. Add turkey and stir until cooked through.
5. Add carrot, celery and sauce mixture and cook for 5 more minutes.
6. Serve in a lettuce leaf.

Green and Red Salad

- 8 cups salad greens
- 2 cups sliced strawberries
- 1 ½ tablespoons strawberry or raspberry jam or preserves
- ¼ cup 100% orange juice
- 2 teaspoons olive, canola, or vegetable oil
- Pinch salt & black pepper
- 1/3 cup sliced almonds

1. Put salad greens and sliced strawberries in a large bowl.
2. Whisk together jam, juice, oil, salt and black pepper.
3. Pour dressing over salad. Toss gently. Top with almonds. Serve right away.