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.