

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.