



Lettuce

What is it?

Lettuce comes in many shapes, sizes, colors, and kinds. Some varieties of lettuce include looseleaf, green-leaf, red-leaf, and cut lettuce (salad mix or spring mix). Lettuce will spoil quickly. This should be one of the first items you eat in your share!

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Storage Tips

Store lettuce in the crisper drawer of the fridge. Use within a few days.

You will get the most storage life from your lettuce if there is no moisture clinging to the lettuce. For best results, rinse and spin lettuce and then place in a sealable plastic bag, pressing out all the air before sealing. It is not recommended to freeze lettuce.

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Usage Tips

For salads, include combinations of greens and lettuce with grapefruit, pear, avocado, raw or roasted nuts, flax or sunflower seeds, olives, fine cheese, cooked grain, pasta, croutons, or edible flowers. Lettuces can be a great addition to sandwiches, tacos, burritos, or chopped on the top of enchiladas. For a low-carb alternative, use as wraps instead of bread or tortillas, and many other multitude of ways!

A Vegetable E-booklet



RECIPES

Club Salad

INGREDIENTS

Romaine lettuce
Cherry tomatoes
Bacon
Avocado, chopped
Chicken, shredded
Mayonnaise
Mustard
Vinegar
Croutons
Hard-boiled eggs

Adapted from www.bonappetit.com

INSTRUCTIONS

1. Layer romaine lettuce, halved cherry tomatoes, bacon, chopped avocado, and shredded chicken on a plate.
2. Whisk equal parts mayonnaise and mustard with a splash of vinegar; drizzle over salad.
3. Top with croutons and quartered hard-boiled eggs.

Peanut Asian Chicken Lettuce Wraps

INGREDIENTS

1 rotisserie chicken shredded, about 4 c
¼ cup soy sauce* gluten free
3 Tbsp. peanut butter smooth
3 Tbsp. honey
1 Tbsp. rice vinegar
2 Tbsp. olive oil
1 tsp. sriracha
¼ tsp. pepper
¼ tsp. garlic powder
1 small red bell pepper finely diced
1 head lettuce Butter, Romaine, or Iceberg
⅓ cup roasted peanuts
1 bunch green onions finely chopped

INSTRUCTIONS

1. Shred pre-cooked rotisserie chicken.
2. Place all ingredients from soy sauce to garlic powder together in a large bowl, whisk until well mixed. Add chicken & bell pepper. Toss to coat.
3. Serve chicken mixture in a lettuce wrap, top with peanuts and green onions to serve. Feel free to serve it warm or cold depending on your taste preferences.
4. Store chicken and lettuce separately between servings.

Adapted from www.evolvingtable.com