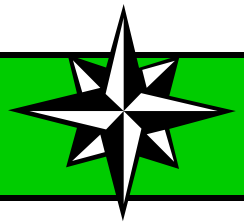


RED LEAF LETTUCE



To Look for: Red leaf lettuce should be fresh, crisp and well-colored with medium to dark red leaves near the end and green stalks. Avoid red leaf lettuce with cracked ribs or browned, wilted leaves.



At Home: To keep red leaf lettuce fresh, refrigerate as soon as possible. Store in plastic bag in refrigerator crisper for up to 14 days (best to use within 3-5 days). Just before using, rinse leaf by leaf with clean drinking water.



Your Health: Red leaf lettuce is a “powerhouse” vegetable:

- Very Good Source of Vitamin C
- Very Good Source of Vitamin A
- Good Source of beta-carotene
- Also includes fiber, calcium, iron, potassium and folate



Benefits: Eating more vegetables, especially high fiber, Vitamin A, C and beta-carotene rich vegetables, reduces risk of cancer, heart disease and strokes.

- Vitamin C helps your body absorb iron and helps your immune system
- Vitamin A helps maintain vision and keeps your immune system healthy
- Fiber aids digestion and gives a feeling of fullness when eating
- Calcium prevents bone loss, iron prevents anemia, potassium keeps up muscle function, and folate prevents birth defects

Nutrition Facts

Serving Size 1 cup shredded
(56 g)

Amount Per Serving

Calories	Calories from
15	Fat 0

% Daily Value*

Total Fat 0g	0%
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Saturated Fat 0g	0%
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Cholesterol 0mg	0%
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Sodium 6mg	0%
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Total Carbohydrate 2g	1%
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Dietary Fiber 1g	4%
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Sugars 1g	
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Protein 1g	
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Vitamin A	-	Vitamin C
26%		17%

Calcium 3%	-	Iron 4%
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*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Additional Nutrition Information

Folate 8%
Potassium 148mg 4%



Tips to Eat More Red Leaf Lettuce: A serving of is 1 cup raw or ½ cup cooked.

- After rinsing, dry on paper towels and use for salads—add dressing and your favorite fruits or vegetables.
- Try adding red leaf lettuce to other salad greens in your favorite salads for color and a nutritional boost.
- Make a wilted red leaf lettuce salad by pouring hot dressing and/or bacon over freshly washed greens. Toss to combine.
- Add to sandwiches or wraps instead of iceberg or other lettuce.
- For a pretty presentation, use red leaf lettuce as a base for plating pasta or rice salads, chicken or tuna salads, or other meat dishes.
- Use red leaf lettuce as a wrapper for other cold or warm fillings.
- Cook red leaf lettuce as greens—don't dry the leaves after rinsing. Cook covered until juices flow and then cook uncovered for 10 minutes. Season with herbs and lemon juice to taste.
- You can also ladle hot soup over red leaf lettuce.



Quick Recipe Ideas:

- Spread a flour tortilla with cream cheese and add red leaf lettuce, alfalfa sprouts, red cabbage (a Spring vegetable), tomato and onion. Add cheese or try different vegetables.
- Try mixing plain yogurt with a little mustard to use instead of mayonnaise for your chicken and tuna salad recipes—then eat on a sandwich with red leaf lettuce or plate on red leaf lettuce.

• **Strawberry Spring Salad:**

- 3 Tbsp. white wine vinegar
- 3 Tbsp. water
- 1 Tbsp. honey
- 2 tsp. extra-virgin olive oil
- 1/8 tsp. salt
- 1/8 tsp. pepper
- 3 cups quartered strawberries
- 6 cups torn red leaf lettuce
- 4 tsp. walnuts

Combine first 6 ingredients, and stir well with a whisk. Combine strawberries and greens. Add vinegar mixture; toss to coat. Sprinkle with nuts and slices of meat of your choice if using.

Makes 4 servings.

Per Serving: Calories: 110, Total Fat: 4.5 g. (7%), Sodium: 85 mg. (3%), Total Carbohydrate: 16 g., Dietary Fiber: 5 g. (19%), Protein: 2 g., Vitamin A: 35%, Vitamin C: 140%, Calcium: 8%, Iron: 10%.
(Adapted from www.cookinglight.com)



For One or Two:

To serve two follow same directions using: 1½ Tbsp. white wine vinegar, 1 ½ Tbsp. water, ½ Tbsp. honey, 1 tsp. extra-virgin olive oil, 1/8 tsp. salt, 1/8 tsp. pepper, 1 ½ c. quartered strawberries, 3 c. torn red leaf lettuce, 2 tsp. walnuts. Save the rest for a quick meal on the run or divide this recipe by 2 to serve just one.

Modifications: If desired add sliced cooked meat before serving (2 c. if serving 4 and 1 c. if serving two). Try other vinegar and use whatever nuts you prefer. Also, other fruits can be substituted for the strawberries.

Storage and Freezing: The salad will keep in the fridge 2-3 days without the dressing. The dressing will keep in the fridge 1-2 weeks.



Try this recipe with your family or have your kids help you make it—it can be a good way to introduce them to a new kind of lettuce.