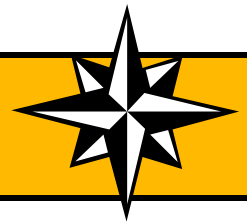


ROMAINE LETTUCE



To Look for: Romaine lettuce should be fresh, crisp and well colored (dark to light green). Avoid romaine lettuce that appears wilted or has damaged leaves.



At Home: To keep romaine lettuce fresh, refrigerate as soon as possible. Store in a plastic bag in refrigerator crisper for up to 14 days (best to use sooner). Rinse leaves with clean drinking water directly before using.



Your Health: Romaine lettuce is a “powerhouse” vegetable:

- Good Source of Vitamin A
- Good Source of Vitamin C
- Good Source of Beta Carotene
- Also includes fiber, calcium, iron, potassium and folate.



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

- Vitamin A helps maintain vision and keeps your immune system healthy
- Vitamin C helps your body absorb iron and helps your immune system
- 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
(56g)

Amount Per Serving

Calories 8 **Calories from Fat** 0

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Cholesterol 0mg **0%**

Sodium 4mg **0%**

Total Carbohydrate 1g **0%**

Dietary Fiber 1g **4%**

Sugars 0g

Protein 1g

Vitamin A 18% - Vitamin C 16%

Calcium 2% - Iron 5%

*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

Potassium 162mg **5%**
Folate **19%**



Tips to Eat More Romaine Lettuce: A serving of romaine lettuce is 1 cup raw or 1/2 cup cooked.

- After rinsing, dry on paper towels and use for salads—add reduced fat dressing and your favorite fruits or vegetables.
- Try adding romaine lettuce to other salad greens in your favorite salads for color and a nutritional boost.
- Make a wilted romaine lettuce salad by pouring hot dressing and/or bacon over freshly washed greens. Toss to combine.
- Add to sandwiches, burgers or wraps instead of iceberg or other lettuce.
- For a pretty presentation, use romaine lettuce as a base for plating pasta or rice salads, chicken or tuna salads, or other meat dishes.
- Or you can add shredded romaine lettuce directly into your pasta, chicken, tuna or rice salads.
- Use romaine lettuce as a wrapper for cold or warm fillings.
- Ladle hot soup over romaine lettuce or add it to soup and stew recipes.
- Season with garlic or herbs and sauté gently in a little bit of vegetable oil or with a little bacon.
- Add steamed or sautéed romaine lettuce to pasta dishes.



Quick Recipe Ideas:

- Make a Caesar salad with romaine lettuce, baked croutons, a little grated cheese, and low-fat Caesar dressing.
- **Buffalo Chicken Salad:**

- 1 Tbsp. paprika
- 1 ½ Tbsp. olive oil
- 2 Tbsp. hot sauce (or to taste)
- 6 boneless skinless chicken breasts
- 1 large carrot, cut into strips
- 1 celery stalk, cut into strips
- 3 cups cooked cubed red potato
- 6 c. shredded romaine lettuce
- 2 c. cherry tomato halves
- ¾ c. crumbled blue cheese
- ¾ c. plain fat-free yogurt
- 3 Tbsp. fat free mayonnaise

For dressing combine last 3 ingredients and chill. Combine first 4 ingredients and marinate in refrigerator 30 minutes. Grill chicken; cook 5 minutes a side or until cooked through. Cut into strips. Arrange lettuce and top with potato, carrot and celery strips, chicken and tomato halves. Serve with dressing.

Makes 6 servings.

Per serving: Calories: 300, Fat: 9 g. (13%), Cholesterol: 80 mg., Fiber: 4 g. (15%), Protein: 34 g., Sodium: 470 mg. (19%), Vitamin A: 150%, Vitamin C: 50%. (www.cookinglight.com)

Kid Fric



For One or Two:

To serve two follow same directions using: 1 tsp. paprika, ½ tsp. olive oil, 2 tsp. hot sauce, 2 boneless skinless chicken breasts, 1/3 large carrot, in strips, 1/3 celery stalk, in strips, 1 c. cooked cubed red potato, 2 c. shredded romaine, 2/3 c. cherry tomato halves, ¼ c. crumbled blue cheese, ¼ c. plain yogurt, 1 Tbsp. fat free mayonnaise. Save the rest for a quick meal or divide this recipe by 2 to serve just one.

Modifications: Make the chicken ahead of time and then add to salad before serving. Try regular potatoes and tomatoes if preferred. You can use bottled low-fat dressing instead of making it.

Storage and Freezing: The cooked chicken and prepared salad will keep in the fridge for 2-3 days, and the dressing will keep for a week.

Try this recipe with your family or have your kids help you make the salad.