

Lettuce

Key Points

- For the best buy, choose lettuce that is firm, green and smells sweet.
- To prepare lettuce, remove the center core and outer wilted leaves. Rinse well and dry with a clean towel.
- To store fresh, wrap lettuce in damp paper towels and refrigerate for up to 3 days.
- Lettuce contains vitamin A, which is good for healthy eyes and skin.



Lettuce and Chickpea Salad

Ingredients:

6 cups shredded lettuce
2 cups cooked chickpeas
2 tomatoes, chopped
1 cucumber, chopped
1/2 cup chopped onion
1 tablespoon vegetable oil
1/4 cup apple cider vinegar
1 tablespoon fresh parsley or 1
teaspoon dried parsley (optional)
Salt and pepper, to taste

Directions:

1. Place lettuce in a large bowl.
2. Add chickpeas, tomatoes, cucumber, and onions to lettuce. Toss lightly.
3. In a small bowl, mix oil, vinegar, parsley, salt and pepper.
4. Pour dressing over lettuce salad and toss.
5. Serve immediately.
6. Refrigerate leftovers.

Makes 4 servings.

Adapted from www.vegweb.com

Lettuce and Apple Salad

Ingredients:

6 cups shredded lettuce
2 chopped apples
1/2 cup grated carrots
1 cup raisins
1 tablespoon vegetable oil
1/4 cup lemon juice
1 tablespoon raspberry jam
(optional)
Salt and pepper to taste

Directions:

1. Place lettuce in a large bowl.
2. Add apples, carrots, and raisins to lettuce. Toss lightly.
3. In a small bowl, mix oil, lemon juice, jam, salt, and pepper. Mix well.
4. Pour dressing on lettuce and toss.
5. Serve immediately.
6. Refrigerate leftovers.

Makes 4 servings.

Quick Tips

- Shred lettuce and add to a soup or stir fry.
- Squeeze lemon juice and a bit of oil over lettuce for a quick salad.
- Use lettuce leaves to wrap up your favorite sandwich fillings!
- Remember to rinse all fruits and vegetables before using.

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