

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.



Taco Salad

Ingredients:

6 cups torn lettuce leaves
2 cups cooked kidney beans
3 tomatoes, chopped
1/3 cup low fat sour cream
2 teaspoons low sodium taco seasoning
1/2 cup crushed baked tortilla chips
1/4 cup shredded low fat cheese

Directions:

1. Place lettuce in a large bowl.
2. In a medium bowl, mix together the beans, tomatoes, sour cream and taco seasoning.
3. Top lettuce with bean mixture.
4. Toss lightly.
5. Top salad with crushed tortilla chips and cheese.
6. Serve and enjoy!
7. Refrigerate leftovers.

Makes 5 servings.

Easy Dinner Salad

Ingredients:

1 head lettuce, cut into 6 wedges
1 1/4 cups cherry tomatoes
3 tablespoons low fat mayonnaise
2 tablespoons ketchup
1 tablespoon minced onion
1 tablespoon sweet pickle relish
Black pepper to taste

Directions:

1. Place lettuce wedges on small plates.
2. To make the dressing: In a small bowl, combine the mayonnaise, ketchup, onion and relish.
3. Pour 1 tablespoon of the dressing over each lettuce wedge. Sprinkle with tomatoes and black pepper.
4. Serve and enjoy!
5. Refrigerate leftovers.

Makes 6 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.

The Nutrition Facts Label—What does it tell us?

Recipe name: Taco Salad

Nutrition Facts	
Serving Size: 1/5 of recipe (239g)	
Servings Per Recipe: 5	
Amount/Serving	
Calories 200	Calories from Fat 45
% Daily Value*	
Total Fat 5g	8%
Saturated Fat 2.5g	12%
Trans Fat 0g	
Cholesterol 10mg	4%
Sodium 400mg	17%
Total Carbohydrate 28g	9%
Dietary Fiber 7g	29%
Sugars 6g	
Protein 10g	
Vitamin A 25%	Vitamin C 35%
Calcium 25%	Iron 10%
*Percent (%) Daily Values are based on a 2,000 calorie diet.	

1. Start with Serving Size.

2. Check Calories.

3. Limit these:

- Total Fat
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:

- Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

Percent (%) Daily Value:
5% or less is LOW
20% or more is HIGH

The Nutrition Facts Label—What does it tell us?

Recipe name: Easy Dinner Salad

Nutrition Facts	
Serving Size: 1/6 of recipe (178g)	
Servings Per Recipe: 6	
Amount/Serving	
Calories 60	Calories from Fat 25
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol less than 5mg	1%
Sodium 150mg	6%
Total Carbohydrate 8g	3%
Dietary Fiber 2g	8%
Sugars 4g	
Protein 2g	
Vitamin A 15%	Vitamin C 20%
Calcium 2%	Iron 4%
*Percent (%) Daily Values are based on a 2,000 calorie diet.	

1. Start with Serving Size.

2. Check Calories.

3. Limit these:

- Total Fat
- Saturated Fat
- Trans Fat
- Cholesterol
- Sodium

4. Get enough of these:

- Fiber
- Vitamin A
- Vitamin C
- Calcium
- Iron

Percent (%) Daily Value:
5% or less is LOW
20% or more is HIGH