



Local

PICK OF THE MONTH

May 2023

Leafy Lettuce

Recipe

LEMON PARMESAN SALAD

Ingredients

- 1 to 2 heads of romaine lettuce.
- 1 bundle of red leaf lettuce or another variety of your choice.
- 2 shallots, thinly sliced.
- Zest and juice of 2 lemons.
- 1/4 cup olive oil.
- Salt and pepper to taste.
- 1 cup grated parmesan cheese.

Directions

- Wash, dry and chop the lettuce. Add to a large bowl with the shallots and lemon zest.
- Top with lemon juice, olive oil, salt and pepper. Toss to combine.
- Add parmesan cheese and toss again. Serve as is or top with your favorite protein.

Yields 6, 1.5-cup servings.

Nutrition information per serving without a protein:

160 calories, 13 g fat, 1 g fiber, 6 g carbohydrates, 5 g protein

Recipe adapted from themediterraneanandish.com

What's so great about lettuce?

- There are many varieties to choose from, each offering a distinct texture and flavor.
- Salad greens contain vitamin A, vitamin C, calcium and fiber.
- It adds extra volume to your meal, helping you feel more full.



What's the best way to eat lettuce?

- Use lettuce in salads, sandwiches, wraps and rice bowls.
- Use larger leaves as a wrap to hold your favorite ingredients.
- Serve proteins such as tofu or grilled chicken on a bed of lettuce.

Selection and preparation

Selection	Storage
<p>Look for bright, vibrant lettuce with no browning.</p>	<p>Store in a plastic bag or container with a paper towel. Best used within five to seven days.</p>
Preparation	Cooking
<p>Wash before eating by swishing leaves in a large bowl of cool water or rinse under running water.</p>	<p>Tender lettuce leaves are best consumed raw.</p>



Samaritan Health Services

Building healthier communities together

have a **plant**[®]
fruitsandveggies.org