

Lettuce

The general rule of thumb is, the darker the leaves, the more nutritious it is. Lettuce should have fresh, green leaves which are not wilted, brown or slimy. Wash under clean, running water.

Lettuce is a vegetable which grows as plant leaves.

Lettuce actually started out as a weed around the Mediterranean Sea.
This vegetable has been eaten for over 4,500 years, and was known to the Egyptians, Greeks and Romans. Christopher Columbus introduced lettuce to North America and it has been grown here since.

California raises more lettuce than any other state; followed by Arizona, Florida and Texas.

VARIETIES

There are four main types of lettuce and each type has different varieties:

- Butterhead — forms a loose head and has a buttery texture.
- Crisphead — pale green with leaves packed in a tight head.
- Looseleaf — doesn't form a head, but instead the leaves are joined at the stem.
- Romaine — has a loaf-like shape with darker green leaves.



NUTRITION FACTS

- Good source of vitamin C
- Good source of beta-carotene
- Good source of iron
- Good source of folate
- Good source of fiber

USES

Lettuce is usually eaten raw. Lettuce is often used in salads — a mixture of lettuces can be used. Add lettuce to all types of sandwiches (including hamburgers) and tacos.



Sweet and Sour Leafy Green Salad
Preparation time: 10 minutes
Number of servings: 4
Cups of fruits or vegetables per serving: 3



5 c. romaine lettuce leaves, torn
3 c. spinach leaves
2 c. mushrooms, sliced
2 oranges, peeled and sliced

1 c. prunes, halved and pitted
½ c. red onion, sliced
½ c. non-fat honey mustard salad dressing
¼ tsp. black pepper

1. Combine all ingredients in a large bowl. Enjoy!

Nutrition Information per Serving: Calories 190, Total Fat 1 g (1% DV), Saturated Fat 0 g (0% DV), Cholesterol 0 mg (0% DV), Sodium 310 mg (13% DV), Total Carbohydrate 47 g (16% DV), Dietary Fiber 7 g (28% DV), Sugars 29 g, Protein 4 g, Vitamin A 130%, Vitamin C 110%, Calcium 10%, Iron 10%.

Black-eyed Chicken
Preparation time: 4 hours, 30 minutes
Number of servings: 6
Cups of fruits or vegetables per serving: 1



1 (16 oz.) can black-eyed peas, drained and rinsed
2 c. chicken breast, cooked
1 c. celery, diced
1 c. red bell pepper, diced
1 c. green bell pepper, diced

½ c. green onions, sliced
½ c. cilantro, chopped
3 T. fat-free Italian salad dressing
2 T. Dijon mustard
6 cups lettuce leaves

1. In a large bowl, combine all ingredients except lettuce leaves. Mix gently.
2. Cover and chill for 4 hours.
3. Serve on lettuce leaves.

Nutrition Information per Serving: Calories 170, Total Fat 3 g (4% DV), Saturated Fat 1 g (3% DV), Cholesterol 40 mg (13% DV), Sodium 430 mg (18% DV), Total Carbohydrate 17 g (6% DV), Dietary Fiber 5 g (20% DV), Sugars 3 g, Protein 20 g, Vitamin A 90%, Vitamin C 140%, Calcium 6%, Iron 10%.