

# Lettuce

**Selection** - Choose crisp, fresh-looking leaves without brown wilted edges.

**Storage** - Store rinsed and dried lettuce in the refrigerator (stays fresh up to 1 week).

**Nutrition** - Vitamin A in lettuce supports healthy eyes and healthy skin.

## 3 EASY WAYS TO USE LETTUCE

- To use lettuce as a low-calorie base, have lettuce in place of wraps or bread. Use lettuce to make a taco salad. Serve burgers or fish cakes over lettuce. Wrap sandwiches in lettuce leaves.
- To enjoy a side salad with dinner, keep vegetables cut up in the refrigerator. Mix together right before serving.
- Add lettuce to sandwiches and wraps.

# Summer Salad with Lite Italian Dressing

Makes 8 Servings

## Ingredients

For the Dressing:

- ☐ 1/2 teaspoon garlic powder (or 1 fresh clove, chopped)
- ☐ 1 teaspoon Italian herb mix
- ☐ 1 tablespoon Parmesan cheese
- ☐ 1/4 teaspoon pepper
- ☐ 1/2 teaspoon salt
- ☐ 1/2 cup vinegar (white or white wine)
- ☐ 1/4 cup vegetable oil
- ☐ 1/2 cup water

For the Salad:

- ☐ Salad greens, mixed
- ☐ 1 cup cucumber, diced
- ☐ 1 cup carrots, sliced
- ☐ 1 bell pepper, diced
- ☐ 1/4 cup shredded cheese

## Directions

1. Add all dressing ingredients in a pint-sized jar with lid.
2. Shake well to mix.
3. Mix salad vegetables all together.
4. Drizzle dressing over salad and store extra in the refrigerator.  
Sprinkle salad with cheese.

