

HARVEST OF THE MONTH
 NEWSLETTER 05/2021


MAY

FUN FACTS

- Lettuce can be found in red and green varieties. The darker the lettuce, the greater the nutritional content.
- On average, Americans eat 30 pounds of lettuce a year!
- Lettuce dates back 6000 years and was eaten by ancient Egyptians.

NUTRITION INFO

Two cups of chopped lettuce has 10 calories and provides vitamin A and folate.



Strawberry Lettuce and Spinach Salad

Serves 5

Ingredients:

- 1 cup sunflower or pumpkin seeds
- ½ pound cucumbers
- ½ pound fresh strawberries
- ½ pound baby spinach
- ½ pound romaine lettuce

Dressing:

- 1 ½ Tbsp. Balsamic vinegar
- 1 ¼ Tbsp. maple syrup
- ¼ tsp. Dijon mustard
- ¼ tsp. garlic powder
- ¼ tsp. kosher salt
- ¼ tsp. black pepper
- ¼ cup olive oil

Directions:

Toast sunflower/pumpkin seeds in a large skillet over medium heat, stirring often, until fragrant and beginning to brown, 4-5 minutes. Transfer to a bowl and cool. Peel cucumbers, cut in half lengthwise, slice ¼ inch. Hull strawberries and cut into ¼ inch slices. Trim romaine and cut into 1 inch pieces. Mix spinach and romaine in a large bowl. Mix dressing ingredients in a food processor with a steel blade until combined. Add oil in a stream and blend for 10-20 seconds. Drizzle dressing and toss to coat.

Per Serving (1 1/4 cup): 190 calories, 14g fat, 1g saturated fat, 4g protein, 14g carbohydrate, 4g fiber, 176mg sodium

for more information visit www.laxf2s.org

PICK

Choose lettuce that appears fresh and crisp with no wilting or brown spots.

STORE

Store in a plastic bag in the refrigerator away from fruit and use within a week. Lettuce should be rinsed thoroughly under cold water immediately before using. Dry the leaves with paper towel or a salad spinner.

PREPARE

Tear the leaves into bite-size pieces. Using a knife will cause the greens to turn brown.

USE

Try wrapping your hamburger in a lettuce leaf instead of a bun! Not a fan of lettuce on its own? Add strawberries or mandarin oranges for a sweeter taste or nuts and chicken for added protein.