



Lettuce is The Harvest of the Month!

Add lettuce to your favorite family meals:

- Serve tuna, chicken, or egg salad on a bed of lettuce.
- Use lettuce instead of a bun for a burger or sandwich.
- Ran out of tortillas? Use a large leaf as a taco shell for leftover fillings.

Make meals and memories together. It's a lesson kids will use for life.

Select – Choose lettuce with fresh, crisp leaves.

Store – Keep lettuce in a plastic bag with small holes. Store in refrigerator for up to 1 week.

Prepare – Rinse carefully under cool running water and allow it to dry well.

Did you know?

The four main types of lettuce include butterhead (Boston, bibb), crisphead (iceberg), looseleaf (red leaf, green leaf) and romaine. Lettuce leaves that are darker in color contain more vitamins and minerals than the paler color varieties.



Nutritious, Delicious, Wisconsin!
#WIHarvestofTheMonth

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The University of Wisconsin-Madison Division of Extension is an EEO/AA institution committed to diversity among its employees and in its programs. Funding for this publication was made possible by the U.S. Department of Agriculture's (USDA) Agricultural Marketing Service through grant AM200100XXXXG060. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the USDA.

Recipe of the month

Garden Salad with Homemade Ranch Dressing

Serves 12

Ingredients:

- 8 cups romaine Lettuce (or other favorite lettuce) washed, dried and torn into bite sized pieces
- 2 cups raw vegetables, like carrots, bell peppers, mushrooms, red cabbage and sliced onion diced or sliced into small pieces
- 1 cup light mayonnaise
- 1 cup buttermilk
- 1 Tablespoon dried parsley
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon salt
- ¼ teaspoon pepper
- Optional topping: Croutons, cheese, nuts or sunflower seeds (will affect nutritional information)

Directions:

Wash your hands well with soap and hot water. Combine all dressing ingredients in a jar and shake or whisk until smooth. Cover and chill until ready to serve. Toss lettuce and raw vegetables in a large bowl. Add some of the ranch dressing and toss to coat or serve undressed with dressings on the side. Top with croutons, cheese, nuts or sunflower seeds if desired.

Refrigerate leftovers within 2 hours. Use dressing within 2 weeks.

Source: laxf2s.org

Per serving: 72 calories, 5g fat, 2g protein, 5g carbohydrate, 1g fiber, 170mg sodium



LA CROSSE COUNTY
Health Department
Nationally Accredited



GUNDERSEN
HEALTH SYSTEM®

