

HARVEST OF THE MONTH
 NEWSLETTER 05/2021
**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.

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.



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

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