



Fresh Ideas for Using Your Produce: Romaine Lettuce

STORING: Refrigerate in plastic bag in the crisper drawer. Unwashed lettuce will keep for 7 to 10 days; washed lettuce for 3 to 5 days.

PREPARATION: Remove and discard any bruised, wilted or discolored leaves. Wash thoroughly under cold running water, separating leaves to expose any buried grit or dirt. Dry leaves well by using a salad spinner or patting them between layers of paper towels. Tear into bite-size pieces by hand for salads. To shred, stack several leaves, roll stack lengthwise into cylinder and cut crosswise at 1/4- to 1/2-inch intervals. For best results, toss lettuce with dressing just before serving to prevent leaves from wilting.

NUTRITION: Low in calories and excellent source of vitamin C

QUICK IDEAS:

- Tuck lettuce leaves into sandwiches for extra color and crunch.
- Add shredded lettuce to wraps, tacos and tostadas.
- Toss lettuce leaves with your favorite nuts and cut-up seasonal fruits and vegetables for an easy side-dish salad.

ROMAINE AND TUNA SANDWICH WRAPS

- 2 5 oz cans tuna, drained
- 1 green onion, chopped
- 3 tablespoons mayonnaise
- 2 teaspoons horseradish
- 1 lime, juiced
- salt and pepper to taste
- 1 yellow or red or orange bell pepper, sliced into strips
- 1 radish, sliced
- 6 large leaves from a head of romaine lettuce

Combine tuna, green onion, mayonnaise, horseradish and lime juice together in a bowl. Season with salt and pepper to taste. For each leaf of romaine, spread some of the tuna mixture down the middle of the leaf, then add a few strips of bell pepper and a few slices of the radish. Eat like a taco.

Serves 3



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ROMAINE TOMATO AND BACON SALAD

- 1 head of romaine lettuce, leaves torn into bite size pieces
- 2 large red tomatoes, cut into this wedges
- 8 slices cooked bacon, crumbled
- 4 hard boiled eggs, sliced
- 1 avocado, sliced
- 4 tablespoons olive oil
- 4 tablespoons red wine vinegar
- salt and pepper

In a large bowl, mix together lettuce, tomatoes, bacon, eggs and avocado. Whisk together olive oil and vinegar and season with salt and pepper to taste. Pour dressing over the salad and toss.

Serve with whole-grain crusty bread.

Serves 4 to 6