

# LETTUCE

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GREATER  
CHICAGO  
-FOOD-  
DEPOSITORY.

## CHARACTERISTICS

- There are many types of lettuce but the most popular are leaf, romaine, and head (like iceberg).
- Choose lettuce with crisp leaves. Avoid bunches with brown leaves or slimy spots. The best heads of lettuce will be symmetrical.
- 1 cup of raw lettuce contains:
  - 82% of your recommended daily value of vitamin A to keep eyes and skin healthy and to protect the body against infections.
  - 60% of your recommended daily value of vitamin K to help with the formation of bones, tissues and hormones.



## PREPARE

Break leaves off of stem. Wash and dry leaves well before eating.

Try lettuce:

- *Blended* into your favorite smoothie or juice
- *As a substitute* for bread or tortillas for your favorite sandwiches, wraps or tacos
- *Grilled* to add extra flavor
- *Incorporated* into your favorite salad

## STORE

- Wash lettuce and dry well using paper towels or a salad spinner before storing.
- To store, wrap lettuce in a paper towel, place in plastic bag or storage container, and place in refrigerator. Replace paper towel any time it feels wet.
- Lettuce will keep for up to a week if stored properly.