



Lettuces & Salad Greens

How to Prepare

Lettuces are often best served raw. They have a natural satisfying crunch, a neutral flavour that easily pairs with your favourite toppings, plus their high water content and nearly zero calories makes them a healthy addition to your meals.

As with most leafy vegetables, freshness is key. Leaves with a dull colour that have begun to wilt are perfectly fine in cooked recipes involving sautéing or braising, but for raw applications look for bright, almost glossy leaves.

Wash your lettuces gently with cool running water to remove any sand attached to the stems and leaves. Gently dry your lettuces after washing using a dry, clean dishtowel, a colander or a salad spinner. This will help prevent them from becoming soggy.

Store your cleaned greens in a plastic container in the coolest drawer of your refrigerator to keep your lettuces fresher longer.

Try Using Lettuce in:

- Salads;
- As a topping for sandwiches;
- As a topping for burgers;
- As a substitute for tortillas;
- Wilted as a side dish;
- Soups;
- In smoothies;
- In fresh-pressed juices;
- Braised with vegetables;
- In spring rolls;
- Add it to rice or noodle bowls;
- Add it to pestos and sauces; or
- Top it like a cracker.

Nutrition Highlights

- Low calorie;
- High in vitamin A;
- A source of vitamin C;
- A source of dietary fiber

Nutrition Facts	
Serving Size 1 cup shredded 36g (36 g)	
Amount Per Serving	
Calories 5	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 1g	0%
Dietary Fiber 0g	2%
Sugars 0g	
Protein 0g	
Vitamin A 53%	Vitamin C 11%
Calcium 1%	Iron 2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Recipe: Apple Cranberry Salad

A simple, flavourful, hearty salad that pairs the first-of-the-season greens with classic, family-friendly flavours.

Ingredients

Dressing:

1 teaspoon grainy mustard
2 tablespoons balsamic vinegar
Pinch of salt and pepper
¼ cup olive oil

Salad:

1 apple, diced
1 pear, diced
¼ cup dried cranberries
10 ounces of mixed greens
¼ cup crumbled goat cheese
2 tablespoons chopped walnuts

1. Whisk the mustard, vinegar, salt, and pepper together in a small bowl. Drizzle in the olive oil while whisking to create the dressing. Set aside.
2. Place all salad ingredients into a large salad bowl and toss gently to mix.
3. Drizzle dressing over salad right before eating and toss gently to coat.



Don't be shy: You can make a bigger batch of dressing and store leftovers in the refrigerator for up to 30 days.

Turn that salad into an entrée: Add grilled chicken, pork tenderloin, or firm tofu to this salad to turn it into a healthy satisfying meal.