

*A simple guide to*

# LETTUCE



## Romaine

Known for its bright green color & satisfying crunch.



## Red & Green Leaf

Light & ruffled, adds texture to salads & sandwiches.



## Butter/Bibb

Soft, tender leaves with a smooth buttery texture.

### How to Prepare



Always rinse fresh lettuce, even bagged varieties, before using.



All types of lettuce can be used to make a tasty salad.



Use lettuce to add a crunch to burgers & sandwiches. It can be shredded & added to tacos.



Use large lettuce leaves to make a delicious wrap.



## Tip

Lettuce loves cool weather. You can find fresh tasty lettuce in winter & spring at your local farmers market.

### How to Select



Look for lettuce with clean, crisp, vivid leaves & fresh stems.



Avoid wilted, yellow or slimy leaves. Stems should not be brown or dried out.

### How to Store

- Lettuce can last in the fridge up to 10 days. Heads of lettuce last longer than loose leaf lettuce.
- Wrap lettuce in a paper towel, place in a bag & refrigerate to keep lettuce fresh!
- Revive wilted lettuce with a quick soak in an ice water bath.
- Freezing lettuce destroys its crunchy texture. Enjoy while fresh!



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# BEEFY TACO SALAD

## Ingredients:

- 1 lb 90/10 lean ground beef
- 1 Tbsp chili powder
- 4 cups chopped romaine lettuce
- 1 (15.5 oz) can pinto beans, drained & rinsed
- 4 tomatoes, diced
- 1 cup frozen corn
- 2 green onions, sliced
- 1/4 cup queso fresco
- 1/4 cup plain non-fat Greek yogurt
- 1 lime, juiced
- 2 Tbsp minced fresh cilantro
- 1 cup crushed whole-grain tortilla chips

## Preparation:

1. Heat a large skillet over medium-high. Add beef & chili powder. Cook 8-10 minutes or until cooked through, crumbling meat throughout. Drain excess liquid if needed.
2. In a large bowl, add lettuce, beans, tomatoes, corn, onions & queso fresco. Toss to combine. Top with slightly-cooled beef.
3. In a small bowl, stir together yogurt, lime juice & cilantro to make the dressing.
4. Just before serving, pour dressing over salad & toss to coat. Top with chips & serve.

25 Min | Serves 6

### Nutrition Facts

6 servings per recipe  
**Serving size** (302g)

**Amount per serving**  
**Calories** **330**

% Daily Value\*

**Total Fat** 10g 13%

Saturated Fat 3.5g 18%

Trans Fat 0g

**Cholesterol** 50mg 17%

**Sodium** 320mg 14%

**Total Carbohydrate** 35g 13%

Dietary Fiber 7g 25%

Total Sugars 5g

Includes 0g Added Sugars 0%

**Protein** 25g

Vitamin D 0mcg 0%

Calcium 137mg 10%

Iron 4mg 20%

Potassium 869mg 20%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Are calories & sodium close to a match?

This recipe is 1 for 1 certified & meets a lower sodium standard.



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