# **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



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

How to Select



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



a delicious wrap.

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

#### How to Store

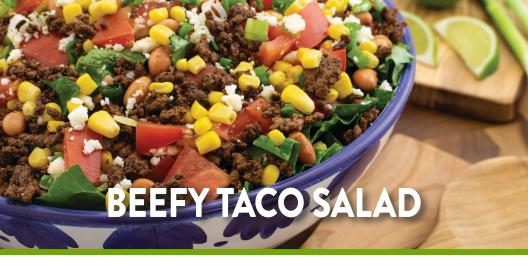
- Lettuce can last in the fridge up to 10 days. Heads of lettuce last longer than loose leaf lettuce.
- Wrap lettuce in a paper towel, place in a bag & refrigerate to keep lettuce fresh!
- Revive wilted lettuce with a quick soak in an ice water bath.
- Freezing lettuce destroys its crunchy texture. Enjoy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











# 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:

- 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.
- 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.



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# 25 Min | Serves 6



