

Taste Test: Lettuce



Lettuce is a leafy green vegetable often used as the base to most green salads. There are many kinds of lettuce; the most common are romaine, iceberg, butter, and leaf lettuce. Each type of lettuce is a different colour and has a different shape and crispiness. Lettuce does not have a distinct taste which is why it is usually mixed with other vegetables and topped with a dressing.

Food Fact

Different varieties of lettuce are very high in vitamin K and a good source of folate. Romaine lettuce is a source of vitamin C.

How to Choose:

- Choose lettuce leaves that are crisp.
- Choose lettuce leaves that are bright green in colour.
- Avoid lettuce leaves that are wilted, dark, slimy, or have yellow or brown spots.

How to Prepare:

- If using it for a salad, wash under cold water, rip lettuce leaves into bite sized pieces and enjoy!

How to Store:

- Rinse and dry well. Wrap in a towel, store in an airtight container, refrigerate for up to five days.
- For Boston lettuce, do not wash before storing. Store in an airtight plastic bag.

Note:

Canada's food guide recommendations:

- Include vegetables and fruit in all meals and snacks.
- Aim for half your plate to be vegetables and fruit.

I Tried It!

My Rating (circle one):



Would you like to try lettuce again?

YES NO

Ideas for Serving Lettuce:

- Add to Sandwiches for extra crunch and nutrients.
- Use a variety of lettuce as the base to your salads. Use your imagination for other additions to your salads like nuts, seeds, fruit, croutons, cheese, whole grains, or whatever your heart desires.

Greek Veggie, Chicken, and Cheese Wraps

Make 4 servings

Ingredients:

- ½ cup 2% plain yogurt
- 1 tsp grated lemon zest
- 1 large black olive, minced
- 4 large lettuce leaves
- 4 large whole wheat pita breads
- 1 cup boneless chicken breast, shredded and cooked
- 1 cup chopped english cucumber



- 1 cup cherry tomatoes, in halves
- 2 Tbsp thinly sliced red onion
- 3 ½ oz diced feta cheese
- 1 tsp dried oregano

Directions:

1. In a bowl, combine yogurt, lemon zest and olive. Put in a container, cover and refrigerate until serving, for up to 1 day.
2. Place one lettuce leaf on each pita; arrange chicken, cucumber, tomatoes, onion, feta cheese and oregano in a line down the centre of each, dividing evenly. Fold top and bottom of pita over filling, then roll up pita tightly around filling to enclose.
3. Wrap tightly in plastic wrap and refrigerate until serving, for up to 4 hours. To serve, unwrap pita, cut in half crosswise, if desired, and serve with lemon-olive yogurt for dipping or spreading.

Recipe adapted from

<https://dairyfarmersofcanada.ca/en/canadian-goodness/recipes/greek-veggie-chicken-cheese-wrap>

Getting children involved in cooking at home makes them more likely to eat fruit and vegetables, and select healthy foods. For more information please contact APPLE Schools at info@appleschool.ca.

