



## FOR LEAF LOVERS

# Lettuce

There are many options for lettuce grown in Florida. The most popular varieties include escarole, endive, romaine, curly parsley and Chinese cabbage. Eating plenty of fruits and vegetables may help reduce the risk of many diseases, including heart disease, high blood pressure and some cancers.

### DID YOU KNOW?



- The darker the lettuce leaf is, the more nutrients it contains.
- The spine and ribs of lettuce provide dietary fiber, while vitamins and minerals are located in the leaf portion.
- One cup of shredded romaine lettuce has less than 10 calories!
- The months with the highest production of Florida lettuces are January and February.

### SHOPPING, PREPARING AND STORING



- Keep unwashed lettuces in a perforated plastic bag in the refrigerator crisper for up to three days.
- When making salads ahead of time, put a damp paper towel over the salad to help keep it fresh.
- Always wash lettuce before eating.

### COOKING TIPS



- Lettuce flavors well with vinaigrette, pecans, cheese, citrus, thyme, basil, dill and sage.
- A salad spinner is a great tool to keep rinsed lettuce from becoming soggy.
- Wait until the last minute to add dressing or vinaigrette to salads.

### EAST PASS SHRIMP SALAD serves 4



- 3/4 pound shrimp, cooked and peeled
- 5 cups romaine lettuce hearts, chopped
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 1/2 cup red onion, chopped
- 1/4 cup olive oil
- 1/2 cup lime juice
- 2 teaspoons garlic, minced

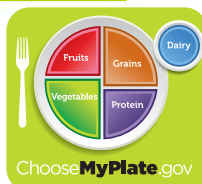
1. Combine shrimp, lettuce, bell peppers and onion in a large mixing bowl; toss and set aside.
2. In a small mixing bowl, combine the oil, lime juice and garlic and mix vigorously.
3. Add dressing to salad according to taste and toss to coat all ingredients.

Recipe adapted from *Fresh From Florida Kids*, Florida Department of Agriculture and Consumer Services

Calories: 263; Total Fat: 15 g; Saturated Fat: 2 g; Total Carbohydrates: 11 g; Protein: 21 g; Sodium: 813 mg

### WELLNESS TIP

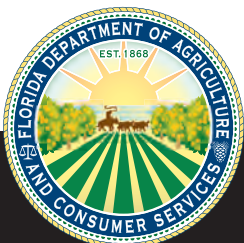
Get outside and enjoy nature! Florida's state forests offer many recreational activities from bicycling to horseback riding to hiking. Check out the Florida Forest Service website to find a state forest near you.



### CHOOSE MYPLATE!

- Make at least half your plate fruits and vegetables.
- Switch to fat-free or low-fat (1%) dairy.
- Make at least half your grains whole grains.
- Go lean with protein.

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