



Lettuce is The Harvest of the Month!

Add lettuce to your favorite family meals:

- Serve tuna, chicken, or egg salad on a bed of lettuce.
- Use lettuce instead of a bun for a burger or sandwich.
- Ran out of tortillas? Use a large leaf as a taco shell for leftover fillings.

Make meals and memories together. It's a lesson kids will use for life.

Select – Choose lettuce with fresh, crisp leaves.

Store – Keep lettuce in a plastic bag with small holes. Store in refrigerator for up to 1 week.

Prepare – Rinse carefully under cool running water and allow it to dry well.

Did you know?

The four main types of lettuce include butterhead (Boston, bibb), crisphead (iceberg), looseleaf (red leaf, green leaf) and romaine. Lettuce leaves that are darker in color contain more vitamins and minerals than the paler color varieties.



Nutritious, Delicious, Wisconsin!
#WIHarvestoftheMonth



Extension
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Recipe of the month

Hummus Lettuce Wraps

Serves 8

Ingredients:

- 8 romaine lettuce leaves
- 1 cup roasted red pepper hummus
- 1 red pepper
- 1 yellow pepper
- ½ cup shredded carrots
- 1 medium zucchini
- ½ white onion
- 2 cup spinach, chiffonade

Directions:

Slice the vegetables into strips and set aside. Finely cut the spinach, set aside. Spread 2 tablespoons hummus on the lettuce leaf and place 3-4 strips of each vegetable onto the leaf, 1 tablespoon of carrots, and a little spinach. Roll and enjoy.

Per serving: 90 calories, 4.5g fat, 3g protein, 11g carbohydrate, 2g fiber, 150mg sodium

Source: laxf2s.org



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