

Romaine Lettuce



Selecting

When selecting a romaine lettuce (or any type of lettuce), look for crisp leaves that are green or red. Leaves should be free of spots and brown or yellow discoloration around the edges.

Storing

To store lettuce, wrap it in paper towel, place in a perforated plastic bag and store in the crisper. If you prefer to wash the lettuce before storing it make sure it is well dried. Lettuce should keep for about 5 to 7 days this way. Never cut up your

lettuce before storing, since nutrients will be lost and the lettuce will not keep as long.

Preparing

To prepare romaine lettuce, cut the stem end and remove all the leaves. Place in a bowl with cool water, swish and rinse to make sure the lettuce is clean. Dry completely by using a salad spinner, or by wrapping the lettuce in clean towels.

Cut or hand-rip the lettuce, just before serving.

Eating

Lettuce of all types is most often eaten raw in salads, or as garnishes for sandwiches. It can be used in a soup or stir-fry as well.

Romaine lettuce is the perfect Caesar salad lettuce, but it is also great in any type of salad.

Seasonality

Romaine lettuce is available from June to October, but greenhouse Romaine lettuce is available all year round.

Nutrition

A cup of romaine lettuce has 10 calories. Romaine is one of the most nutritious types of lettuce. It is high in folate and Vitamin K, and contains Vitamin A and C.



Try this **Caesar Steak and Warm Potato Salad**

www.halfyourplate.ca/recipe/cesar-steak-and-warm-potato-salad/

