

LETTUCE

Types

There are four main types of lettuce: looseleaf, butterhead, romaine, and crisphead. Vendors also sell lettuce as individual leaves (separate from the head) or in mixes with other salad greens.

Selection Info

Look for lettuce that is vivid in color and has fresh-looking leaves. Avoid lettuce that has leaves that are wilted or have brown edges.

Preparation

Remove the stem end of head lettuces. Wash individual leaves well (especially along the lower center rib towards the stem). You can chop head lettuces with a

knife, but it is better to tear softer leaf lettuces.

Lettuces can be used as wraps in place of bread, crisps lettuces can be added to soups for texture, or added to smoothies. Since lettuce absorbs flavors, add to favorite dishes in place of cabbage.

Storage

Short-Term Storage: Wash and thoroughly dry lettuce — wet lettuce will degrade quickly. Wrap dry lettuce in a dry lint-free towel, place in a plastic bag, and store in the refrigerator. Lettuce will last about 5 days in the refrigerator.

Long-Term Storage: Lettuce is not suitable for long-term storage. For example, it does not freeze well because of its high moisture content.



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FIESTA LETTUCE WRAPS AND PEPPER BOATS

Ingredients

- 6 sweet, mini sweet peppers
- 8 lettuce leaves
- 1 cup instant brown rice (dry)
- 1 pound tilapia filets (fresh or frozen-thawed)
- 2 teaspoons southwest chipotle seasoning (no sodium)
- 2 tablespoons canola oil (divided)
- 1/4 teaspoon salt
- 2 limes (divided)
- 1/4 cup reduced-fat sour cream

For the salsa fresca

- 1/2 cup yellow corn (frozen or canned, no-salt added)
- 1 medium tomato
- 1 small onion
- 1 clove garlic (minced)
- 1 jalapeño pepper (minced)
- 1/4 teaspoon salt

Directions

1. Slice peppers in half vertically — watch a video for pepper-cutting tips. Arrange lettuce and 8 pepper halves on a serving platter.
2. Cook brown rice according to package directions.
3. To make salsa fresca, dice remaining pepper halves, tomato, and onion. Mix with corn, garlic, jalapeño pepper, and 1/4 teaspoon salt.
4. Sprinkle both sides of tilapia filets with southwest chipotle seasoning.
5. Heat 1 1/2 tablespoons canola oil in a large nonstick skillet over medium-high heat. Add fish to pan, and cook for 3 minutes on each side (cook fish until it is opaque, 145°F). Flake with a fork and place in a serving dish.
6. When rice is done, stir in remaining 1/2 tablespoon canola oil, juice from one lime, and 1/4 teaspoon salt. Cut remaining lime into wedges.
7. To serve, set out pepper-lettuce platter, rice, fish, salsa fresca, sour cream, and lime, and let diners build their own boats and wraps.



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Nutrition Information

Serving Size 1/4 of recipes

Nutrients	Amount	% Daily Value
Total Calories	350	
Protein	28g	
Carbohydrates	34g	11
Dietary Fiber	5g	20
Total Sugars	6g	
Total Fat	12g	18
Saturated Fat	2.5g	13
Cholesterol	60mg	20
Minerals		
Calcium	78mg	6
Sodium	370mg	15
Iron	2mg	10
Vitamins		
Vitamin A	268mcg	RAE
Vitamin C	170mg	30