

# greens

leaf lettuce, spinach

## select

Choose fresh looking leaves with no brown or wilting edges.

## store

Keep lettuce and spinach in a plastic bag in the refrigerator. Use lettuce within 7 days. Use spinach within 3 to 5 days.

## prepare

Rinse leaf lettuce and spinach before using.

2 pounds = 6 cups raw spinach or lettuce, or ¾ cup cooked spinach.



## grilled chicken salad

- 2 cups grilled chicken strips
- 4 cups leaf lettuce
- low fat Ranch salad dressing

- step 1** Rinse the leaf lettuce with water. Place lettuce on towel and pat dry with a paper towel. Chop into bite size pieces.
- step 2** Place the lettuce in a large bowl. Sprinkle with salad dressing. Toss to coat evenly.
- step 3** Divide lettuce between 4 plates. Top each salad with grilled chicken strips.



## eat dark green lettuce

- Serve chopped lettuce on tacos, burritos and enchiladas.
- Wrap a sandwich in a large lettuce leaf - tuna salad, chicken salad or deli turkey.
- Use leaf lettuce instead of a tortilla when making tacos.
- Serve a small salad at lunch or dinner. Top with chopped tomatoes.
- Add lettuce to your favorite sandwich or hamburger.



## 4 ways to eat spinach

1. Add chopped spinach to a lettuce salad.
2. Stir some chopped spinach into spaghetti sauce, soup, casserole, meatloaf or lasagna. *It'll look like an Italian herb.*
3. Add chopped spinach to a hot pasta or rice dish. Spinach only needs a minute to cook.
4. Top your favorite sandwich with fresh spinach.

### Add your favorite toppings -

chopped tomatoes, cucumbers, avocado, red onion, radish slices, sunflower seeds, peanuts, mandarin oranges, sliced strawberries, black olives, feta cheese or parmesan cheese