**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.

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**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.

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.

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**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.

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**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.