



# LETTUCE

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## Nutrition and Health...

Lettuce provides vitamin A, iron, folic acid and calcium. A whole head of iceberg lettuce has only about 70 calories.

## Selection...

Select lettuce with fresh green outer leaves. Watch for crisp leaves. Avoid yellow, brown, wilted or torn leaves.

## Storage...

Lettuce should always be covered and refrigerated. However, care should be taken to avoid "russet spotting." This brown discoloration occurs when lettuce is kept at high temperatures. Keep in the coolest part of the refrigerator. Some fruits (melons, apples and pears) also cause lettuce to spot because they give off ethylene gas as they ripen. So, don't store it near these fruits.

## Preparation...

Preparation of lettuce is simple. Tear into bite-sized pieces. Cut out core and shred, if desired. Rinse with cold water and serve. Most lettuce is consumed fresh in salads or on sandwiches. It makes a good garnish or a suitable vessel for cottage cheese, tuna or any pasta salad.

If you want to try something a little different, try cooking it. Steam shredded lettuce for 2 to 3 minutes and top with a little butter. It makes very good soup when combined with broth and spices. Or try braising it with onions, meats and other vegetables.

## Recipes

### *Lettuce and Rice Dish*

2 tbsp butter or margarine	½ cup finely chopped green pepper
3 cups finely shredded lettuce	1 cup cooked rice
½ cup finely chopped onion	
2 cups tomato pulp or thick stewed tomatoes	

Melt butter and stir in vegetables, cover and cook gently for about 10 minutes, stirring frequently. Stir in rice and tomatoes and heat through. Salt and pepper to taste.

Serves 4.

### *Overnight Vegetable Salad*

4 cups torn lettuce	¾ cup shredded Swiss, American or Cheddar cheese
1 cup sliced fresh mushrooms or broccoli florets or frozen peas	2 green onions, sliced
1 cup shredded carrots	¾ cup mayonnaise or salad dressing
2 hard cooked eggs, diced	1½ tsp lemon juice
6 slices bacon, crisp cooked, drained, and crumbled	

Place lettuce in bottom of bowl, about 8 inches in diameter. Layer mushrooms, broccoli or peas on top. Then layer carrots. Arrange eggs and bacon over top of vegetables. Top with ½ cup cheese and the green onions. For dressing, combine mayonnaise and lemon juice. Spread dressing over top of salad, sealing to edge of bowl. Sprinkle with remaining cheese. Cover and chill from 2 to 24 hours.

Serves 4.



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