

# Fruit & Vege Co-op



## Lettuce

STORAGE	PREPARATION
<ul style="list-style-type: none"><li>- Refrigerate in plastic bags or store in the crisper.</li><li>- Avoid squashing the lettuce.</li><li>- Alternatively, if the lettuce roots are still attached, stand the lettuce in a jar with the roots in water, and do not refrigerate.</li></ul>	<ul style="list-style-type: none"><li>- Remove any coarse or wilted leaves. Use these in soups.</li><li>- Gently break up the leaves. If necessary, soak the leaves in warm water for 3-4 minutes followed by refrigeration to freshen and crisp up the leaves.</li><li>- Dry the lettuce well after washing – a salad spinner is the best way to do this. Some varieties are available in root pots and keep fresh for longer.</li></ul>
ADD FLAVOUR	VEGE UP
<ul style="list-style-type: none"><li>- Lettuce is used raw in salads, sandwiches and rolls.</li><li>- Use several varieties of lettuce together to increase interest.</li><li>- Lettuce leaves may also be used as wraps.</li></ul>	<ul style="list-style-type: none"><li>- While lettuce contains mainly water (95%) this is an advantage in providing hydration and as a low energy food.</li><li>- Darker leafy lettuces provide a range of nutrients including a large amount of vitamin K and smaller contributions of vitamin C, potassium, iron, folate and beta-carotene.</li></ul>

### COOKING

Older/outside leaves can be used in soups, stir-fries and risottos.

### RECIPE: Bean Salad (Serves 5-6)

*Adapted from Food in a Minute Potato Favourites*

- 500g bag frozen whole green beans
- 1 lettuce
- 4 tomatoes, cut into eighths
- 10 boiled baby new potatoes, halved
- 4 hard-boiled eggs, peeled and quartered
- 12 black olives (optional)
- 180g tin of tuna in water, drained
- ½ cup mayonnaise
- ¼ cup finely chopped fresh herbs (such as parsley, chives or basil)
- 2 Tbsp water

1. Blanch the green beans in boiling water for 2 minutes. Refresh in cold water, drain well.
2. Wash and drain the lettuce leaves. Cut or tear into large pieces and arrange on a large plate or platter.
3. Carefully arrange the beans, tomatoes, potatoes, eggs and olives on top.
4. Place chunks of tuna evenly over the top of the salad.
5. For the dressing mix together the mayonnaise, herbs and water and spoon over the salad.

### Variations

- Serve with crusty bread for a picnic or BBQ.
- Replace the tuna with steamed fresh caught fish.
- Replace the tuna with cooked shredded chicken.
- For a vegetarian option replace the tuna with grilled mushrooms.
- For a lower fat variation replace the mayonnaise with cottage cheese or plain unsweetened yoghurt.

All recipes are available on our website by visiting [www.rph.org.nz](http://www.rph.org.nz) > Nutrition > Fruit and Vege Co-op

