

Lettuce

Lettuce contains several antioxidants as well as Vitamin C and Vitamin E that can help maintain good overall health!

How to Store?

- Place lettuce in a damp paper towel inside a large plastic bag
- Store bag in the refrigerator for 1-3 days, but may last up to 7 days
- Do not wash before refrigerating as this may cause spoilage

How to Prepare?

- Separate the large leaves and rinse under cold water to remove any remaining debris/soil
- Chop it as needed for salads or recipes!



How to use?

- Drizzle lettuce with some olive oil, lemon juice and a bit of honey and serve as a salad
- Add to sandwiches and wraps
- Chop leaves and add to soups
- Use large leaves as "lettuce wraps"