



Salad Greens

Nutrition Facts

Serving Size: ½ cup romaine lettuce,
shredded (47g)

Calories 8

Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 4mg 0%

Total Carbohydrate 2g 1%

Dietary Fiber 1g 4%

Sugars 1g

Protein 1g

Vitamin A 82% Calcium 2%

Vitamin C 3% Iron 3%

Other nutrients: Vitamin K (60%), Folate (16%)

- More than 100% of the recommended amounts of Vitamin A and Vitamin K to help with vision and blood clotting.
- Salad greens are also a good source of manganese that helps to support the immune system.
- Also an excellent source of Vitamin C.

How to Pick and Store Salad Greens

- Look for dark green leaves. Choose lettuce heads that are compact and firm.
- These green vegetables are alive! They are respiring which means they need moisture and air to survive.
- The heads of lettuce should be stored at the store in a cooler with misters to keep the leaves damp so they don't wilt.
- Rinse lettuce with cold water or soak loose leaves in cool water and stir with your hand to remove dirt. Lay lettuce leaves on a paper towel and gently pat dry.



Serving Suggestions for Salad Greens

- Serve side salads for lunch and dinner.
- Try different types of salad greens to find out which kinds of lettuce your child likes most.
- Ask your child to “invent” their own salad. Let them pick out the vegetables and other toppings they want to use.
- Bring color to your salads by adding carrot strips, shredded purple cabbage, or even fruit (e.g., oranges, apples, raisins).
- Dark lettuce leaves have more nutrients.
- Use 100 percent fruit juice, flavored vinegars and herbs to make low-fat salad dressings.

Healthy Benefits of Eating Salad Greens

Salad Greens Recipes



Cactus Salad

1 cup cleaned and finely chopped cactus leaf
1 serrano chili, finely chopped
1 head romaine lettuce, shredded
2 radishes, thinly sliced
Mozzarella cheese, shredded (optional)

1 small white onion, sliced
3 T cider vinegar
1 tomato, finely chopped
2 T chopped fresh cilantro

Directions: In a medium bowl, mix cactus, onion, chili and vinegar. Let stand 15 to 30 minutes. Place lettuce on a platter or large bowl. Top with marinated cactus mixture, tomato, radishes, cilantro and cheese topping. Serve immediately. (Use gloves while chopping serrano chili)

Caesar Salad Wrap

1 head romaine lettuce, torn into bite-size pieces
2 boneless, skinless chicken breasts, cooked and cut into strips (optional)
4 tomatoes, chopped
2 tablespoons green onion, chopped
6 tablespoons reduced fat or low-fat Caesar salad dressing
2 tablespoons shredded Parmesan cheese
6 10-inch fat free flour tortillas

Directions: Prepare or purchase cooked chicken in advance. In a large bowl, combine all ingredients, except flour tortillas. Place equal amounts of salad mixture in each tortilla. Fold in both sides and roll up tortilla.

Romaine Strawberry Salad

1 pint fresh strawberries, sliced
1 Bermuda onion, sliced
½ C. light mayonnaise
2 T. white wine vinegar
1/3 C. white sugar
1/4 C. milk

2 T. poppy seeds
1 head romaine lettuce, rinsed, dried and chopped
2 bunches fresh spinach—chopped, washed and dried

Directions: In a large salad bowl, combine the romaine, spinach, strawberries and sliced onion. In a jar with a tight fitting lid, combine the mayonnaise, vinegar, sugar, milk and poppy seeds. Shake well and pour the dressing over salad. Toss until evenly coated.