



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Lettuce

Lakota: maštínčathatwote



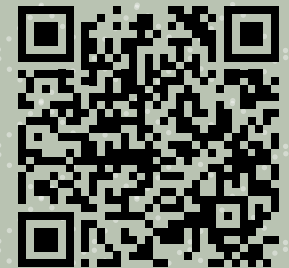
Pick it!

Darker leaves are more nutritious. Leaves should be fresh and green.

Try it!

Usually eaten raw, often in a salad. Rinse in cold water just before serving. Pat dry.

Like it!



This material was funded by USDA's Supplemental Nutrition Assistance Program–SNAP.

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Lakota word translated by Jeshua Estes.



SOUTH DAKOTA STATE
UNIVERSITY EXTENSION

Lettuce

In season:



Spring and
Summer

Lakota: maštínčathatwote

Pick it!

Darker leaves are more nutritious.

Leaves should be fresh and green. Avoid wilted, brown, rusty or slimy leaves.

Wrap fresh, unrinsed leaves in plastic wrap and store in fridge for a few days.

Cooler temperature will keep lettuce fresher longer. Iceberg stores the best.

Check package expiration dates on pre-washed bagged lettuce.

Usually eaten raw, often in salad. Varieties can be mixed.

Provides crunch in sandwiches and tacos.

Try it!

Rinse just before serving in cold water. Pat dry.

Refresh limp leaves by placing in ice water.

Tear lettuce leaves with your hands; do not cut as it browns quickly.

The mild flavor of fresh lettuce leaves pairs well with fresh or dry herbs.

Salad dressing clings best to dry leaves. Toss with dressing just before serving.



Types of Lettuce

Romaine: Long shape, light and mild taste

Crisphead: Crispy leaves, milk flavor, pale green leaves packed tightly together

Looseleaf: Loose curly leaves, light and mild flavor



Did you know...

Lutein, a naturally occurring substance in bright colored fruits and vegetables. Found in the retina of the eye. Romaine is best source of lutein.

Like it!

Red and Yellow Pepper Vinaigrette

Ingredients

- 1 small yellow bell pepper; finely chopped
- 1 small red bell pepper; finely chopped
- 4 Tablespoons red wine vinegar
- 2 Tablespoons extra-virgin olive oil (or vegetable oil)
- 2 teaspoons warm water
- Pinch sugar
- ½ teaspoon salt
- Ground black pepper to taste

Directions

1. In a medium bowl, mix all ingredients until combined.
2. Shake before serving. Will keep in a tightly covered container for 3 days.

Yields 1 cup

Nutrition Facts per Serving:
Calories 40; Fat 3.5g; Cholesterol 0mg; Sodium 150mg;
Carbohydrates 1g; Fiber 0g; Sugar 1g; Protein 0g

Lakota word translated by Jeshua Estes.

Fruity Fun Chicken Salad Cups

Ingredients

- 1-10 ounce can chicken in water; drained
- ½ cup spinach; chopped
- ½ cup strawberries; diced
- 2 ½ green onions; thinly sliced
- ¼ cup light sour cream
- 4 teaspoons yellow mustard
- 2 teaspoons dry oregano or dry dill
- ¼ teaspoon ground black pepper
- 12 small Romaine or Bibb lettuce leaves

Directions

1. In a mixing bowl, combine chicken, spinach, strawberries and green onions.
2. In a separate bowl, mix sour cream, mustard, oregano and black pepper together to make the dressing.
3. Gently fold the dressing into the chicken mixture.
4. Measure ¼ cup chicken salad into each lettuce leaf.

Yields 6 servings

Nutrition Facts per Serving:
Calories 120; Fat 4g; Cholesterol 25mg; Sodium 180mg;
Carbohydrates 10g; Fiber 4g; Sugar 4g; Protein 16g

Source: eatsmartmovemoreva.org/recipes/fruity-fun-chicken-salad-cups/

**Find more recipes
and videos at
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- Darker leaves are more nutritious.
- Look for leaves that are fresh and green. Avoid wilted, brown or slimy leaves.
- Wrap unrinsed leaves in plastic, store in coldest part of refrigerator for a few days.
- Iceberg stores best.
- Eaten raw, theres no way to preserve lettuce.
- Refresh limp leaves in ice water. Rinse in cold water just before serving. Pat dry.
- Tear lettuce with hands to preserve vitamins and delay browning.
- Mix different varieties of lettuce together with different herbs. Toss with dressing just before serving.

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Lettuce

In season:



**Spring and
Summer**

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Sampling Display Instructions

Red and Yellow Pepper Vinaigrette over Mixed Lettuce

Ingredients	24 Samples	32 Samples	48 Samples
Samples: 1 teaspoon over 1/8 cup lettuce			
Yellow bell pepper; finely chopped	1 small	1 medium	1 large
Red bell pepper; finely chopped	1 small	1 medium	1 large
Red wine vinegar	1/3 cup	1/2 cup	3/4 cup
Extra virgin olive oil or vegetable oil	1/8 cup	1/4 cup	1/3 cup
Warm water	2 teaspoons	4 teaspoons	2 Tablespoons
Sugar	Pinch	Pinch	Pinch
Salt	3/4 teaspoon	1 teaspoon	1 1/2 teaspoons
Black pepper	To taste	To taste	To taste
Salad greens	4 1/2 cups	6 cups	9 cups

Directions:

1. In a medium bowl, mix all dressing ingredients until well combined.
2. Place vinaigrette into container for transport and place in cooler.
3. If using romaine and spinach, wash and tear into bite-sized pieces. If using iceberg, wash head and tear into bite-size pieces. Toss to mix. (If using pre-packaged salad mix, tear any large pieces into bite sized pieces.
4. Place greens in a container with a lid for transport and place in cooler.

Materials needed:

- Table/tablecloth
- Garbage can/paper bag
- Paper towels/wet wipes/plastic gloves
- Ingredients used in the recipe
- Small plates, plastic forks
- Spoon, fork, spatula for serving
- Pick it! Try it! Like it! Preserve it! sign as a table tent and fact sheet or recipe card
- Allergy Alert sign
- Recipe video (optional) youtube.com/watch?v=E9iNymKqelw



Notes:

- Wear hair tied or clipped back. Wear plastic gloves when serving food. Post the Allergy Alert sign.
- Place only a few samples out at a time, using small plates and forks. Ask parent's permission before giving children a sample.
- Ask them if they use lettuce often in their meals. Ask if they could use this recipe. Remind them the benefits of consuming raw vegetables.
- Lakota word translated by Jeshua Estes.

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Sampling Display Instructions

Fruity Fun Chicken Salad Cups

Ingredients	24 Samples	32 Samples	48 Samples
Sample: 2 Tablespoons per serving			
Chicken, canned all white meat	10 ounces	13 ounces	20 ounces
Strawberries; diced	½ cup	⅓ cup	1 cup
Fresh spinach; chopped	½ cup	⅓ cup	1 cup
Green onions; thinly sliced	¼ cup	¼ cup, 1 ½ Tablespoons	½ cup
Sour cream, fat-free	¼ cup	¼ cup, 1 ½ Tablespoons	½ cup
Yellow mustard	4 teaspoons	1 Tablespoon, 2 ¼ teaspoons	2 Tablespoons, 2 teaspoons
Dry oregano or dry dill	2 teaspoons	2 ¾ teaspoons	1 Tablespoon, 1 teaspoon
Black pepper	¼ teaspoon	¼ teaspoon	½ teaspoon
Romaine or Bibb lettuce leaves, washed, dried and torn in half	12	16	24

Directions:

1. Drain canned chicken. In a medium bowl, combine chicken, strawberries, spinach and green onions.
2. In a small bowl mix sour cream, yellow mustard, oregano or dill and black pepper.
3. Gently fold the dressing into the chicken mixture.
4. Place into a container with a lid for transport, transport in cooler with ice.
5. To serve samples, measure 2 Tablespoons of chicken salad into ½ lettuce leaf. Do not place mixture until ready to serve.

Materials needed:

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