



## FUN FACTS

There are over 100 varieties of lettuce, most of which are green—but depending on the variety of lettuce, the leaves can also be red, purple, and brown. Iceberg lettuce was named as such due to the amount of ice needed to keep it fresh during transport. Mustard greens tend to be spicier in flavor, and is a popular braising green.

SOURCE: The Visual Food Encyclopedia



Nutrients in leafy greens vary, but a good rule of thumb is that the darker the green, the more nutrients there are! Most types of lettuce are rich in folic acid. Spinach is rich in folic acid, iron, and calcium.

## NUTRITION

## RECIPE: STRAWBERRY SPINACH SALAD

YIELD: 50 - 1 1/2 cup SERVINGS

### INGREDIENTS

- 1 1/4 lb (1 qt) sunflower or pumpkin seeds
- 3 lb cucumbers, peeled and cut into 1/4 half-rounds
- 3 lb 4 oz fresh strawberries, hulled and cut into 1/4 inch slices
- 2 lb 4 oz romaine lettuce
- 2 lb 12 oz (2 gal + 2 qt) baby spinach
- 1/2 cup Balsamic vinegar
- 6 Tbs maple syrup
- 1 Tbs Dijon mustard
- 1 1/2 tsp garlic powder
- 1 tsp Kosher salt
- 1 tsp ground black pepper
- 1 cup vegetable oil or olive oil

### PREPARATION

1. Toast sunflower (or pumpkin) seeds in a large skillet over medium heat, stirring often, until fragrant and beginning to brown, 4 to 5 minutes. Transfer to a bowl and let cool.
2. Trim romaine and cut into 1-inch pieces.
3. Mix spinach and romaine in a large bowl.
4. Process vinegar, syrup, mustard, garlic powder, salt and pepper in a food processor fitted with a steel blade until combined. With the motor running, add oil in a stream and blend for 10 to 20 seconds.
5. Add the strawberries, cucumbers and the toasted seeds to the greens. Drizzle with dressing and toss to coat. Serve immediately.



Adapted from Vermont's New School Cuisine Cookbook

### MEAL PATTERN CONTRIBUTION

- 1/2 cup dark green vegetable
- 1/8 cup other vegetable
- 1/8 cup fruit

## RECIPE: CREAMY RANCH DRESSING

YIELD: 6 cups

### INGREDIENTS

- 1 lb cream cheese, softened
- 1 qt nonfat buttermilk OR 3 3/4 cups milk plus 1/4 cup lemon juice
- 1/2 cup flat-leaf parsley, leaves only
- 4 tsp fresh dill
- 2 tsp fresh garlic
- 1 tsp onion powder
- 1 tsp salt
- 1 tsp freshly ground black pepper

### PREPARATION

1. In a large food processor\*, pulse garlic, parsley, and dill until finely minced.
2. Add cream cheese and pulse until combined. With food processor running, slowly add buttermilk. Add remaining ingredients and blend until combined.

\*If you don't have a food processor, mince herbs and garlic by hand and whisk ingredients together by hand in a large bowl.

