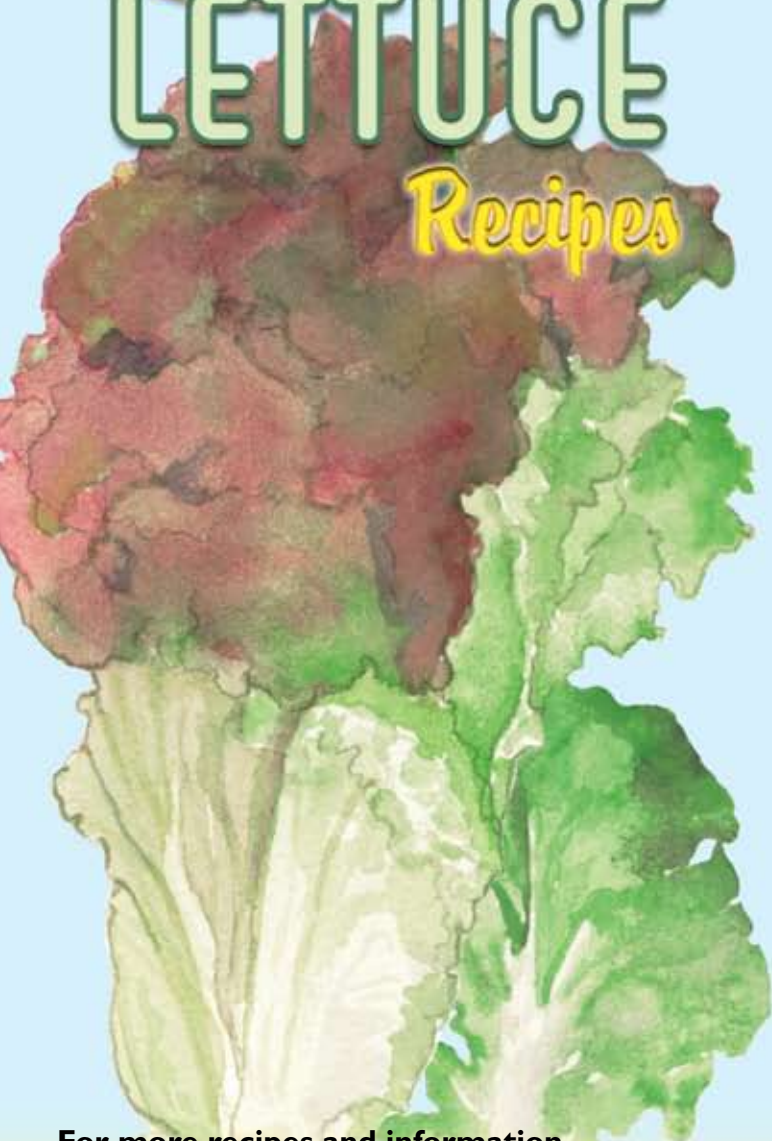




# LETTUCE

## Recipes



For more recipes and information about Florida fruits and vegetables, log on to the Florida Department of Agriculture and Consumer Services website at [www.Florida-Agriculture.com](http://www.Florida-Agriculture.com)

## GRILLED ROMAINE

- 1 head of Florida romaine lettuce, washed
- Balsamic vinegar
- Olive oil
- 1 tablespoon Florida garlic
- Salt and pepper

Drizzle balsamic vinegar and olive oil over whole romaine leaves. Sprinkle with garlic and salt and pepper. Grill leaves over medium high heat for 20 seconds on each side. Serve.

Yield: 4 servings  
Per Serving: Calories 50, Fat 4g  
Carbohydrates 4g, Protein 2g



## FLORIDA SALAD

- 1 cup of Florida romaine lettuce, torn
- 1/2 cup Florida escarole, roughly chopped
- 1/2 cup Florida endive, roughly chopped
- 1 bunch Florida cilantro, chopped
- 1 Florida avocado, peeled and sliced
- 1 Florida cucumber, peeled and sliced
- 4 Florida radishes, sliced
- 2 Florida carrots, peeled and sliced
- 1 Florida green bell pepper, seeded and sliced
- 1 Florida tangelo, peeled and sectioned
- 1/2 cup Florida kale, roughly chopped
- 1/2 cup Florida strawberries, sliced
- 1/2 cup Florida cherry tomatoes, whole

Toss all ingredients together in a large salad bowl. Serve with the dressing of your choice.

Yield: 8 servings  
Per Serving (without dressing): Calories 161,  
Fat 9g, Carbohydrates 22g, Protein 4g



# Fresh from Florida LETTUCE

**Florida variety lettuces** – crisp and versatile. From salads to seasonings, Florida lettuces and leafy greens enhance mealtime. As members of the Asteraceae family, lettuces are related to radicchio and dandelion. There are many varieties of Florida lettuces, each with its own distinct flavor, texture and crunch. Fresh lettuce is available from November through May, and is grown throughout Florida. One cup of shredded lettuce has 2,666 IU of Vitamin A.

Escarole and endive (*Cichorium endiva*) make up about forty percent of Florida lettuce production. Escarole is a leafy, pretty green which can be used raw in salads or cooked into soups and other dishes. Endive is a pale green, yellow and white vegetable with elongated leaves that are compact. It is popular in salads as well as serving as the base for hors d'oeuvres.

Romaine lettuce comprises about fifteen percent of Florida lettuce production. Like endive, its leaves are elongated, but it is a deep green. Although it is most commonly used in salads, especially Caesar salad, it can also be cooked. After removing the core, the entire head can be eaten.

Curly parsley, which is eleven percent of Florida lettuce production, is related to celery and carrots. Traditionally thought of as a garnish, its bright, fresh flavor enhances dishes. When using fresh parsley in place of dehydrated, a good rule of thumb is to triple the amount called for in the recipe (e.g. for 1 teaspoon of dried, use 1 tablespoon of fresh.)

Chinese cabbage, also known as bok choy, makes up eleven percent of the Florida lettuce market. It is crisp and is usually shredded and added to salads and stir fried dishes.

Other varieties of Florida lettuce, such as bibb, leaf, and butter lettuce, and savories like cilantro make up the remaining twenty-three percent of Florida lettuce production. Although minor in comparison to other varieties, their flavors suggest otherwise. With butter lettuce having a tender, delicate flavor compared to the bold, bright flavor of cilantro, this category of greens has an important place in Florida agriculture.

## Purchasing, Handling and Storing

**Look for Florida lettuces** that do not have brown spots, wilting or scarring. Lettuces are delicate, so use care when transporting and storing. They can be stored in the refrigerator and washed just before using, or prepared beforehand. If you choose to wash before storing in the refrigerator, simply separate the leaves, dry and wrap the leaves with paper towels, and store in a plastic bag. Whatever variety you choose, you can't go wrong with Florida lettuce!

**Try this “Fresh from Florida” Salad as a side dish or make meal of it. The Grilled Romaine gives a new twist to eating healthy.**

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