

# Salad Greens



## How do I make a good selection?

Choose lettuce heads that have fresh, clean outer leaves and compact inner leaves. Choose lettuce leaves that are closely bunched, fresh looking and crisp. The general rule of thumb is, the darker the leaves, the more nutritious it is. Lettuce should have fresh, green leaves which are not wilted. Avoid leaves with brown edges or that are slimy. Rinse under clean, running water before eating.

## What is Proper Storage?

Leaves can be difficult to clean so rinse leaves thoroughly by separating the leaves and immersing them in a bowl of cold water for a few minutes helps loosen sand and dirt. Dry on paper towels. Place in a plastic bag with a dry paper towel inside the bag and refrigerate for up to one week.

## Why Should I Eat This?

Salads are delicious! Dark green leafy vegetables are more nutritious because they generally have higher amounts of nutrients, which can act as antioxidants to help prevent chronic diseases like cancer and heart disease. Dark green leafy veggies also have fiber, which is important for proper bowel function. Fiber also helps with blood sugar control and can provide a feeling of fullness with fewer calories.

## How Could I Use This?

- Leaves can be eaten raw in a salad.
- Lettuce leaves can be used as lettuce wraps for seasoned meat and vegetables.
- Try them sautéed in oil and served.
- Leafy greens like collard greens can be braised in vegetable or chicken stock and served as a side or topping for a protein source, like chicken.
- Some greens can even be coated with a little bit of oil, grilled and eaten in a salad.

## RECIPE: Simple Vinaigrette Salad Dressing

### INGREDIENTS

- 1/2 cup oil (olive or canola)
- 2 Tbsp balsamic/red wine vinegar
- 2 tsp mustard
- 1 clove garlic minced, or 1 tsp garlic powder
- 1 Tbsp honey
- 1 tsp salt
- 1 tsp black pepper

### INSTRUCTIONS

- Combine all ingredients in a jar with a tight fitting lid. Shake to combine.
- Wash and dry salad greens and place in a bowl.
- Top with any other veggies you'd like to include in the salad.
- Drizzle salad dressing on top and toss.

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