



## Romaine Lettuce, Fresh

MyPlate Food Group: **Vegetable**

USDA  
**Foods**

### Nutrition Information

- 1 cup of raw lettuce counts as 1 cup from the ChooseMyPlate.gov Vegetable group.
- It all counts! Fresh, frozen, canned, and even vegetable juice- all types of veggies count toward your MyPlate goal.
- Based on their nutrient content, vegetables are organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables.
- Most vegetables are naturally low in fat. None have cholesterol. Sauces and seasonings may add fat, calories, and/or cholesterol.
- Fruits and vegetables contain antioxidants. Some studies have shown that eating a diet high in antioxidants may have health benefits.
- Romaine lettuce contains many nutrients that are important for your body. It is naturally low in calories and sodium, and high in vitamins A and K, potassium, and folate.

### Uses and Tips

- Romaine lettuce can be used to make lettuce wraps. Using one leaf at a time, take ground turkey or beef and fill it like a taco for a healthy alternative.
- Add romaine lettuce, sliced tomatoes, and sliced yellow or red onions to sandwiches for extra flavor and texture.
- Romaine lettuce is a favorite in Caesar salad. For a healthier version, use whole wheat croutons and go light on the salad dressing.

### Storing Foods at Home

- Do not wash lettuce until ready to eat.
- Lettuce should be stored in the refrigerator in a plastic bag, loosely tied or knotted.

### MyPlate Facts

- Vegetables are naturally low in calories. Eat vegetables in place of foods that may be higher in calories to help lower calorie intake. For example, replace chips with crunchy carrots, celery, or cucumbers.
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce the risk of heart disease, including heart attack and stroke.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Adding vegetables can help increase the intake of fiber and potassium, which are important nutrients that many Americans do not get enough of in their diet.
- Vary your veggie choices to keep meals interesting.



## USDA Foods

### Chicken BLT Chopped Salad

Makes 4 servings

#### Ingredients:

- 4 turkey bacon strips
- 8 cups Romaine lettuce, washed and torn into bite sized pieces
- 2 cups tomatoes, chopped
- 2 cups chicken breast (boneless and skinless), cooked and chopped
- 4 tablespoons light salad dressing

**Directions:** Wash hands with soap and water.

1. Cook bacon according to package directions. Crumble or cut up into small pieces.
2. Put two cups of lettuce on each plate.
3. Top each plate of lettuce with 2 tablespoons of chopped bacon and ½ cup of tomatoes. Add ½ cup chicken and 1 tablespoon salad dressing.

*Recipe adapted from Iowa State University Extension and Outreach*

### Savory Chicken Pita Pockets

Makes 4 servings

#### Ingredients:

- 2 cups Romaine lettuce, shredded
- 1 cup red or green seedless grapes, each grape cut in half
- 1 cup cooked chicken breast, chopped
- ⅓ cup carrots, shredded
- 2 tablespoons green onions, sliced
- 4 tablespoons light salad dressing
- 2 whole wheat pita pockets, each cut in half

**Directions:** Wash hands with soap and water.

1. Combine romaine lettuce, grapes, chicken, carrots, and green onions in a medium bowl. Mix well with a large spoon.
2. Add dressing to bowl. Mix until ingredients are coated with dressing.
3. Chill in the refrigerator for an hour.
4. Spoon about 1 cup of mixture into each pita pocket half. Serve.

*\*Note: Whole wheat tortillas may be used in place of pita bread.*

*Recipe adapted from California Department of Public Health/CalFresh*