



Local

PICK OF THE MONTH

April 2015

Blissful butter lettuce

Recipe

Avocado butter lettuce salad

Ingredients

- 1 cup thinly sliced red onion
- 2 tbsp olive oil
- 1 tbsp fresh lime juice
- 1/4 tsp salt
- 1/4 tsp black pepper
- 3 cups torn butter lettuce
- 1 cup sliced avocado, optional

Directions

Combine onion, olive oil, lime juice, salt and pepper in a medium bowl. Let stand 10 minutes. Add lettuce and avocado, toss gently. Serve immediately.

Yields 4 servings.

Nutrition information per serving:
120 calories, 10g fat, 8g carbohydrates,
2g protein, 4g fiber

Recipe adapted from *Cooking Light Magazine*.

What's so great about butter lettuce?

- Has a buttery texture and a slightly sweet taste
- Excellent source of vitamin A
- Good source of vitamin C and folate
- Naturally fat, cholesterol and sodium free!

What's the best way to eat it?

- Use it in salads for a light, fresh lettuce taste
- The big leaves of butter lettuce are great for making lettuce wraps



Selection and preparation

Selection	Storage
Choose butter lettuce heads with bright, crisp leaves. Avoid heads with wilted leaves.	Wash thoroughly, pat dry and refrigerate with a damp paper towel in a plastic bag for three to five days. Discard any wilted or discolored leaves before eating.
Preparation	Cooking
Wash well in cool water before eating.	Butter lettuce is best eaten raw.



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Check your local grocery store for fresh butter lettuce today.