



Harvest of the Month

October: Salad Greens: Lettuce



Healthy Serving Ideas:

- Try different kinds of salad greens to find out which one you like the best.
- Add salad greens like romaine, green leaf, and red leaf lettuce to sandwiches.
- Create your own salads and pick out the vegetable toppings you want to use.
- Add color to salads, with carrot strips, shredded purple cabbage or even fruit.
- Use or make low-fat salad dressing.

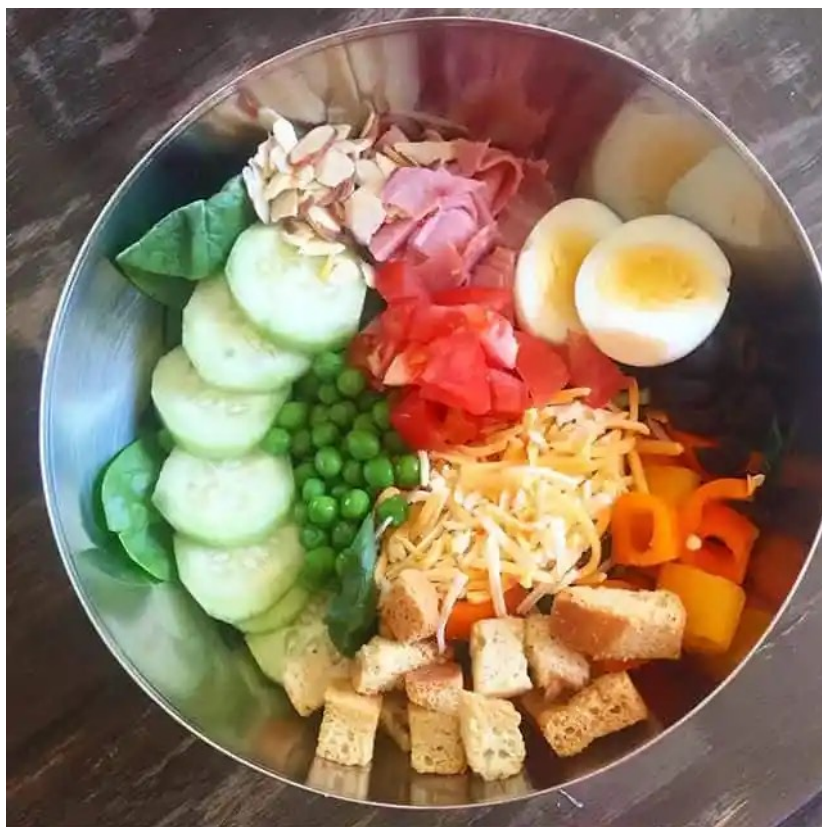
School Lunch Salad

Ingredients:

Chopped romaine lettuce
Spinach
Chopped cucumbers
Croutons
Frozen Peas - rinsed
Chopped bell pepper
Sliced black olives
Shredded cheese
Slivered almonds
Chopped ham or turkey breast
Chopped tomatoes
Hard Boiled egg

Instructions:

Add everything in a bowl, add dressing. You can mix ahead of time or mix and eat at the same time.



Tempting Turkey Twisting Ups

Ingredients:

Romaine lettuce leaves
Turkey
Honey mustard or yellow mustard
Tomato sliced
Bread and butter pickle chips

Instructions:

Cut off the bottommost stems of the lettuce leaves leaving only the greener, less rough part of the wraps.
Spread the honey mustard over one side of each leaf.
Top each leaf with a slice of turkey and 1/3 of the tomatoes and pickles.
Roll up each leaf tightly as you would a burrito.
Enjoy

