

Leafy Greens

Leafy greens include various types of lettuce, collard greens and other greens. Most are usually eaten raw but can also be braised, steamed, sautéed or grilled. Lettuce is often used in salads and a mixture of lettuces can be used. Add leafy greens to all types of sandwiches (including hamburgers) and tacos.



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 THE 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 and refrigerator for up to one week.

WHY SHOULD I EAT THIS?

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

HOW COULD I USE THIS?



- Lettuce leaves can be used as lettuce wraps for seasoned meat and vegetables.
- Greens can also be 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.



DID YOU KNOW?

This vegetable has been eaten for over 4,500 years and started as a weed in the Mediterranean Sea.

WHAT IS THE SEASONAL AVAILABILITY OF THIS ITEM?

	JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
HARVEST 			X	X	X	X	X	X	X	X	X	X
MARKET 				X	X	X	X	X	X	X	X	X

Sources: Buy Fresh Buy Local Nebraska and USDA SNAP-Ed Connection



Photo Credit: Craig Chandler

RECIPE:

Southwestern Chicken Salad

6 Servings

Ingredients:

- 2 c. cooked chicken, chopped
- 1 c. tomato, chopped
- 6 c. mixed salad greens
- 1/2 c. green onions, chopped
- 1 (11 oz.) can corn, drained and rinsed
- 1/2 c. Cheddar cheese, shredded
- 1/2 c. canned black beans, drained and rinsed
- 1/2 tsp. ground cumin
- 2/3 c. fat-free sour cream
- 1 tsp. chili powder
- 1/2 c. picante sauce

Directions:

1. Wash hands with soap and water.
 2. Rinse produce and prepare as directed in the ingredient list. Gently rub tomato and green onions under cold running water. Gently rub mixed salad greens under cold running water (if not pre-washed).
 3. In a large bowl, mix cooked chicken (heated to 165°F as measured with a food thermometer), chopped tomato, salad greens, chopped green onions, corn, shredded cheese and black beans.
 4. In a separate small bowl, make dressing by combining cumin, sour cream, chili powder and picante sauce.
 5. Gently mix salad with dressing and serve.
 6. Store leftovers in a sealed container in the refrigerator.
- Optional: Top salad with crushed tortilla chips
 In a hurry? You can use two 12.5 oz. cans of chicken.
 Want to make this healthier? Use 2/3 c. plain non-fat Greek yogurt instead of sour cream.

Nutrition Info:

Nutrition Facts	
6 servings per container	
Serving size	2 cups
Amount per serving	
Calories	200
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 610mg	27%
Total Carbohydrate 17g	6%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 20g	
Vitamin D 0mcg	0%
Calcium 143mg	10%
Iron 2mg	10%
Potassium 528mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe Credit: Nebraska Extension Nutrition Education Program