

# Foods For Thought

From the Vegetable Garden Team of Eden Mill Nature Center

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Featuring:

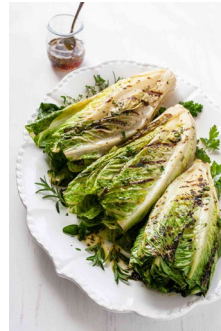
LETTUCE



## Grilled Romaine Lettuce

### Ingredients

3 to 4 romaine hearts, washed  
3 tablespoons olive oil  
1 tablespoon red wine  
or cider vinegar  
2 t. chopped fresh herbs  
or 1 t. dried mixed herbs  
1/4 teaspoon salt  
Pinch of black pepper



Slice romaine heart down the center lengthwise. Open it up and place on the baking sheet. Apply a light coating of olive oil and season with salt and pepper. Sprinkle with the herbs or spices. Drizzle the vinegar over the herbs. Broil for 5-8 minutes. The lettuce should be browned in spots but not burnt. Serve with your favorite dressing or sprinkle with parmesan cheese.

*Nutrition Info per serving: Calories 130; Fat 9g; Carbs 8g; Protein 3g.*

### Directions

Heat oven to broil on high.  
Lightly apply olive oil onto a baking sheet.

## Tuna Lettuce Wrap

### Ingredients

4 large leaves of butter or Bibb lettuce, washed  
4 oz canned tuna, drained  
1/4 cup cherry tomatoes  
1/4 grated carrot  
2 thin slices of red onion, separated into rings  
4 T. salad dressing



### Directions

Place lettuce leaves on a plate. Top each leaf with 1 oz of tuna, and 1/4 of the tomatoes, carrots, and onion. Drizzle each wrap with 1 tablespoon of dressing.

*Nutrition per serving (2 wraps):  
Calories: 162; Carbs 10g; Fat: 5g;  
Protein: 20g; Sodium 37mg.*

## BLT Lettuce Wraps

### Ingredients

4 slices bacon, cooked & chopped  
1 medium tomato, diced  
1 T. light mayonnaise  
3 large lettuce leaves, washed  
Pepper



Dice tomato and combine with mayonnaise and pepper. Place 2 whole lettuce leaves on a plate, top with shredded lettuce. Add tomato then bacon and roll it like a wrap.

*Nutrition per serving (2 wraps):  
Calories: 161; Carbs 8g; Protein 11g;  
Fat: 9g; Fiber: 2g.*

Presented by  
Harford County  
Master  
Gardeners  
and  
Family &  
Consumer  
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*Recipes courtesy of Harford County Master Gardeners*



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## Who said this?

"Lettuce is like conversation; it must be fresh and crisp, so sparkling that you scarcely notice the bitter in it."  
- Charles Dudley Warner, *American Essayist and Novelist*

"We don't need a melting pot in this country, folks. We need a salad bowl. In a salad bowl, you put in the different things. You want the vegetables — the lettuce, the cucumbers, the onions, the green peppers — to maintain their identity. You appreciate differences." - Jane Elliott, *American Diversity Educator*

"My favorite sandwich is peanut butter, baloney, cheddar cheese, lettuce, and mayonnaise on toasted bread with catsup on the side." - Hubert Humphrey, *38th Vice President of the United States*

"Romaine calm. Lettuce carrot on." - Unknown

"I worry about scientists discovering that lettuce has been fattening all along." - Erma Bombeck, *American Humorist*



## What is... lettuce?

Lettuce is a leafy green vegetable that grows above the ground and is a popular vegetable grown in the north. Lettuce has been eaten for over 4,500 years. There are many different kinds of lettuce such as iceberg, romaine, looseleaf, tennis ball, butterhead, little gem, and more.

Grouped under a larger category of salad greens, these vegetables are most often served raw, dressed and tossed with other salad ingredients. Whether you're using them raw or cooked, though, different types of lettuce can add quite a bit of texture and flavor to whatever you're making. If you do plan on cooking them, be sure to make it a quick sauté or wilting; anything else will cause the delicate greens to lose their unique characteristics. Remember, also, to wash them thoroughly, especially before eating them raw.

Lettuce leaves are great on a sandwich or a burger. Lettuce can also be used as a sandwich wrap. Layer a slice of ham and a piece of cheese in between two lettuce leaves, and you have a healthy, low calorie sandwich.

## Health Benefits

Lettuce leaves are one of the very low-calorie green vegetables yet they are a storehouse of nutrients. The fresh leaves are an excellent source of Vitamin A which is required for maintaining healthy skin and is essential for vision. Lettuce is also a source of vitamin-K which has a role in bone metabolism. Vitamin C is a natural antioxidant found in lettuce. Lettuce also contains healthy amounts of minerals like iron, calcium, magnesium, and potassium which are essential for body metabolism. Inclusion of lettuce in the diet is known to prevent osteoporosis and is believed to protect from cardiovascular diseases. Not all lettuces are equal in their benefits. Romaine lettuce and butterhead lettuce contain more nutrients than iceberg. All types of lettuce are available in produce aisles year-round in your favorite grocery store. Enjoy a salad with your favorite raw vegetables and dressed with oil and vinegar. *Source: NUTRITION AND YOU.COM*

## Believe It or Not!

1. There are several types/varieties of lettuce in the market, but the most widely-known are: **Romaine, Butterhead, Iceberg and Green Leaf.**
2. The average American eats about 30 lbs of lettuce a year! That's a whole lotta salads!
3. There are hieroglyphic records of lettuce being grown over 6000 years ago.
4. Because lettuce is about 95% water, it has to be eaten fresh and cannot be frozen, dried, pickled or canned.
5. About 70% of the lettuce grown in the US comes from California (except from November through March when 90% of the nation's lettuces come from Yuma, Arizona), and about 75% of all lettuce grown in the US is iceberg lettuce. Outside of the US, China is the world's largest producer of lettuce, with almost half of the lettuce being consumed today grown by the Chinese.
6. Lettuce is the second most popular fresh veggie in the US, behind only the potato!

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