

# Lettuce

Lettuce is a fresh, versatile vegetable that's a great source of fibre, vitamin K and folate. It's perfect for salads, sandwiches, wraps and burgers, but can also be cooked in soups, stir-fries and other dishes.

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## Store:

- Keep lettuce in the fridge.
- Remove any damaged leaves before storing.
- Keep it in its original packaging or wrap loosely in kitchen paper and place in a container or bag.
- Keep away from excess moisture to help prevent it from becoming slimy.
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## Ways to to Use:

- Salads: Add crunch and freshness
  - Wraps: Use whole leaves instead of a tortilla
  - Sandwiches: Add to sandwiches and burgers
  - Cooked: Try wilted lettuce in soups, stir-fries or cooked dishes
  - Tired leaves: If they're still safe to eat, add them to cooked dishes where they can be softened and enjoyed.
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## *Don't bin it because it looks a little tired!*

Lettuce can sometimes have brown, wilted or damaged outer leaves. This doesn't mean the whole lettuce has gone bad.

Simply remove the outer leaves and check the leaves underneath. If they are fresh, crisp and in good condition, the rest of the lettuce is fine to eat.

Tip: A little browning around the edges can happen naturally as lettuce ages and is exposed to air.



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## Video Links