

Whole Food Profiles

Learn the basics to start cooking with these nutritious, whole foods!

Romaine Lettuce

Romaine Lettuce is a dark leafy green vegetable, and a rich source of Vitamins K and A. Romaine is considered a mild leafy green with the perfect balance of bitterness and sweetness.



How to Select and Store:

Fresh - Selection

FIRM BUNCH **DARK GREEN** **CRISP-LOOKING**

Look out for wilted, limp leaves, which are a sign of age or poor refrigeration. Brown ends, also called tip burn, are a sign of over-maturity. Also, look out for discoloration or mildew.

Rusty ends are not an indicator of age necessarily, but if they are very dark brown and spotty, they are aged. You can lightly trim the end to eliminate any discoloration if the rest of the head of lettuce is in good shape.

Fresh - Storage



AIRTIGHT BAG IN THE CRISPER

Trim the end if needed. Remove the outer leaves if you don't plan on using them, rinse, pat dry, and store in an airtight bag in the crisper. A crisper is key for storing leafy greens.

Ideally, Romaine should be washed just before consuming; if you must wash them as soon as they are purchased, ensure that they are completely dry, and place a clean paper towel in the bag with the lettuce to absorb any moisture.

Nutrition Facts

Portion Size	35 g
Amount Per Portion	5.3
% Daily Value *	
Total Fat 0.1g	0 %
Sodium 9.8mg	0 %
Total Carbohydrate 1g	0 %
Dietary Fiber 0.5g	2 %
Sugar 0.3g	
Protein 0.5g	1 %
Vitamin D 0mcg	0 %
Calcium 13mg	1 %
Iron 0.3mg	2 %
Potassium 68mg	1 %
<small>* The % Daily Value (DV) tells you how much a nutrient in a serving of food contribute to a daily diet. 2000 calories a day is used for general nutrition advice.</small>	

Tips for Preparing and Cooking:

Preparation

Trim the end of the lettuce off and separate the leaves to rinse and dry thoroughly. The most common way to prepare lettuce is to cut lettuce into large pieces for a salad. Grilling the lettuce head is also a great way to enhance the flavor.

Try romaine lettuce...

Raw

Enjoy fresh, raw chopped romaine in a salad, or use the whole lettuce leaves as a boat with toppings, or as a wrap! Get creative with the other ingredients you pair it with!

Grilled

Cut a romaine head in half, brush with olive oil, season, and place cut-side down on grill. Cook for approximately 5 minutes until lettuce is wilted and slightly charred.

Sautéed

Cut the romaine head in quarters lengthwise, leaving the stem end intact. Place in a pan with butter and cook, turning frequently with tongs, until nicely browned.



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Did you know?

Romaine is the #2 lettuce type in terms of volume consumed in the U.S. and is particularly popular in restaurants.