

## Lettuce



### What is lettuce?

- Lettuce is a leafy green vegetable that grows above the soil.
- It needs cool, moist soil to grow.
- There are many types of lettuce that come in different colors, shapes, sizes and have different tastes.

### Why is it healthy?

- Lettuce can be a good source of **Vitamin A, Vitamin C, and Folate**.
- Some dark green types of lettuce are also good sources of **Vitamin K**.
- They can also be a good source of dietary fiber.

### How can it be used?

- Use in a salad, mix different types of lettuce for variety.
- Use large lettuce leaves like a wrap for sandwiches.
- Sauté spinach and add to scrambled or baked eggs.
- Top burger, sandwiches or wraps with lettuce.
- Shred and add to tacos.

