



COOKING WITH

ROMAINE LETTUCE

ABOUT LETTUCE ROMAINE HEARTS

- Lettuce with darker and more color contain more vitamins and minerals.
- The most important nutrients in lettuce are vitamin A and potassium.
- One cup of raw leaf lettuce has 9 calories, 1 gram of protein, and 1.3 grams of fiber.

EXTENDING THE SHELF LIFE OF LETTUCE ROMAINE HEARTS

- Rinse the lettuce and dry it completely as soon as you purchase it. After, store the lettuce in the fridge wrapped in a paper towel in an air tight container. Store without any other condiments on the lettuce.
- Lettuce can normally last about 7-10 days. Rotten lettuce will have characteristics such as discoloration, moist texture and a funky smell.

THE CHARGER WRAP, Makes 6 Servings

SOURCE: whatscooking.fns.usda.gov/quantity/child-nutrition-cnp/charger-wrap

INGREDIENTS

- 1 ½ cups chicken breast, cooked and chopped
- 1 teaspoon lemon pepper
- 6 8" whole grain flour tortillas
- 1 ½ cups romaine lettuce, chopped
- 6 tablespoons green peppers, diced
- ¾ pound tomatoes, diced
- ¾ pound lowfat mozzarella cheese, shredded

INSTRUCTIONS

1. Place chopped chicken in a large bowl and sprinkle with lemon pepper. Gently toss to coat chicken evenly with seasoning. Set aside.
2. Place a whole grain tortilla wrap on working surface.
3. Top each wrap with: 2 oz chicken, ¼ cup romaine lettuce, 1 Tbsp green peppers, 3 Tbsp tomatoes. Garnish with ½ Tbsp mozzarella cheese.
4. Roll the "Charger Wrap" and serve.

Nutrition Facts

Amount Per Serving

Calories 244 Serving Size: 1 wrap

% **Daily Value***

Total Fat 12g

Saturated Fat 0g

Polyunsaturated Fat 0g

Monounsaturated Fat 0g

Cholesterol 6mg

Sodium 200mg

Potassium 110mg

Total Carbohydrates 3g

Dietary Fiber 2g

Sugars 3g

Protein 29g

Vitamin A 3%

Vitamin C 12%

Calcium 3%

Iron 10%

*Based on a 2,000 calorie diet



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