



Iceberg Lettuce, Fresh

MyPlate Food Group: **Vegetable**

USDA
Foods

Nutrition Information

- 1 cup of raw lettuce counts as 1 cup from the ChooseMyPlate.gov Vegetable group.
- It all counts! Fresh, frozen, canned, and even vegetable juice- all types of veggies count toward your MyPlate goal.
- Based on their nutrient content, vegetables are organized into 5 subgroups: dark-green vegetables, starchy vegetables, red and orange vegetables, beans and peas, and other vegetables. Iceberg is in the other category.
- Most vegetables are naturally low in fat. None have cholesterol. Sauces and seasonings may add fat, calories, and/or cholesterol.
- Fruits and vegetables contain antioxidants. Some studies have shown that eating a diet high in antioxidants may have health benefits.
- Iceberg lettuce has a high water content, making it a refreshing choice during hot weather. It is naturally low in calories and sodium, and contains vitamins A and K and folate.

Uses and Tips

- Iceberg lettuce has a very mild flavor, making it a perfect base for salads and other recipes.
- Iceberg lettuce can be used to make lettuce wraps. Using one leaf at a time, take ground turkey or beef and fill it like a taco for a healthy alternative.
- Add iceberg lettuce, sliced tomatoes, and onions to sandwiches for extra flavor and texture.
- Top wedges of iceberg lettuce with tomatoes, a little cheese, and low calorie vinaigrette dressing.

Storing Foods at Home

- Do not wash lettuce until ready to eat.
- Lettuce should be stored in the refrigerator in a plastic bag, loosely tied or knotted.

MyPlate Facts

- Vegetables are naturally low in calories. Eat vegetables in place of foods that may be higher in calories to help lower calorie intake. For example, replace chips with crunchy carrots, celery, or cucumbers.
- Eating a diet rich in vegetables and fruits as part of an overall healthy diet may reduce the risk of heart disease, including heart attack and stroke.
- Eating a diet rich in some vegetables and fruits as part of an overall healthy diet may protect against certain types of cancers.
- Adding vegetables can help increase the intake of fiber and potassium, which are important nutrients that many Americans do not get enough of in their diet.
- Vary your veggie choices to keep meals interesting.



USDA Foods

Rainbow Salad; Lemon Vinaigrette Dressing

Makes 4 servings

Ingredients:

8 cups iceberg lettuce, washed, cut into bite size pieces

3-4 cups chopped vegetables such as tomatoes, red/green peppers, carrots, onions

4 tablespoons Lemon Vinaigrette Salad Dressing

Dressing (makes about 1 cup):

1/4 cup red wine vinegar

2 tablespoons Dijon mustard

1/2 cup olive oil

4 tablespoons lemon juice

1 tablespoon honey

1 teaspoon salt

1/4 teaspoon black pepper

Directions: Wash hands with soap and water.

1. Put all ingredients in a large bowl, toss to combine. Add more dressing if desired.
2. Serve in bowls or on plates.

Note: Salad can be topped with cooked chopped skinless, boneless chicken breast, or other meat, hard boiled eggs, or canned black or garbanzo beans.

Dressing recipe adapted from Wholefully

Tasty Taco Rice Salad

Makes 4 servings

Ingredients:

1 pound lean ground beef or bison

1 1/2 cups long grain or wild rice, cooked

1 cup water

1 cup onion, chopped

1 tablespoon chili powder

3 cups tomatoes, chopped or 1 1/2 can tomatoes, diced, no salt added, drained

1 seeded jalapeno, finely chopped

2 cups iceberg lettuce, washed, cut into pieces

1 1/2 cups reduced fat cheese, shredded

Directions: Wash hands with soap and water.

1. Cook ground meat in large skillet until brown (160 degrees F). Drain off fat.
2. Add rice, water, onion, and chili powder to meat in skillet.
3. Cover. Simmer over low heat for about 10 minutes.
4. Add tomatoes and jalapeno. Heat for 2-3 minutes.
5. Place a layer of iceberg lettuce on plate, top with rice mixture and cheese.
6. Serve immediately.

Recipe adapted from Arizona SNAP-Ed Health Zone