Spring Harvest Salad

| 1. Combine | leaf lettuce and spinach leaves with sliced strawberries, blueberries and green onion in a large salad bowl. 
| 2. Prepare | dressing by whisking together the lemon juice, olive oil, balsamic vinegar, Dijon mustard, honey and salt; pour over lettuce mixture and toss to coat. 
| 3. Sprinkle | salad with feta cheese and sliced almonds. 
| 4. Serve | immediately. 

Yield: 8, 1 cup servings. 

Nutrition Analysis: 130 calories, 9 g fat, 1.5 g sat fat, 240 mg sodium, 12 g carbohydrates, 3 g fiber, 7 g sugar, 3 g protein.

Buying Kentucky Proud is easy. Look for the label at your grocery store, farmers’ market, or roadside stand.

Kentucky lettuce

SEASON: Early to late spring.

NUTRITION FACTS: Lettuces have 5-15 calories per cup depending on variety.

Lettuce provides vitamins A and C, calcium, and iron.

SELECTION: Choose crisp, brightly colored lettuce with no blemishes, slime, browning or wilted leaves.

STORAGE: Store washed and dried lettuce in a plastic bag in the refrigerator for three to five days, depending on the variety.

Source: www.fruitsandveggiesmatter.gov