



## Spring Harvest Salad

<b>5 cups</b> torn spring leaf lettuce	<b>Dressing:</b> <b>4 teaspoons</b> lemon juice	<b>2 teaspoons</b> Kentucky honey
<b>2½ cups</b> spinach leaves	<b>2½ tablespoons</b> olive oil	<b>½ teaspoon</b> salt
<b>1½ cups</b> sliced strawberries	<b>1 tablespoon</b> balsamic vinegar	<b>¼ cup</b> feta cheese crumbles
<b>1 cup</b> fresh blueberries	<b>1½ teaspoons</b> Dijon mustard	<b>½ cup</b> unsalted sliced almonds
<b>½ cup</b> thinly sliced green onions		

- 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.

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



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# 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.



**PREPARATION:** Wash well and dry before using. Add dressing just before serving to prevent wilting. Lettuce is almost always eaten raw in salads or on sandwiches. Lettuce can also be steamed or added to soups at the end of cooking.

**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](http://www.fruitsandveggiesmatter.gov)

## LETTUCE

### Kentucky Proud Project

County Extension Agents for Family and Consumer Sciences

University of Kentucky, Nutrition and Food Science students

### March 2012

Educational programs of Kentucky Cooperative Extension serve all people regardless of race, color, age, sex, religion, disability, or national origin. For more information, contact your county's Extension agent for Family and Consumer Sciences or visit [www.ca.uky.edu/fcs](http://www.ca.uky.edu/fcs).

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