



# Salad Greens

## What is in it for you?

- Spinach helps protect the heart, eyes, brain, bones and immune system
- Two cups of green leafy lettuce gives you more than:
  - 100% daily Vitamin A
  - 150% daily Vitamin K

## Produce Tips

- Look for dark green leaves
- To store greens, wrap them in slightly damp paper towels, and place in the refrigerator in a plastic bag with holes for air



## Serving Ideas

- Add baby spinach to egg dishes
- Add leafy greens, like kale and spinach, to stir fry, stew and soup recipes
- Create different salad sensations by adding fruit and nuts to leafy lettuce, baby spinach or a spring mix

## Fun Facts

- Americans eat about 30 pounds of lettuce every year
- Spinach was the first frozen vegetable to be sold in grocery stores
- Although it looks like romaine lettuce, bok choy is actually a type of cabbage

