



LET US EAT LETTUCE



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Let us Eat Lettuce at home!

Chicken Salad Lettuce Wraps

Combine ingredients in a large bowl: 1 ½ cups cooked chicken breast, 1 cup shredded carrots, 1 cups chopped fresh spinach, 1 cup chopped fresh tomatoes, 1 cup corn, 2 tsp garlic herb seasoning, and ¼ cup reduced fat mayonnaise. Mix well. Place an equal amount of salad mixture on each lettuce leaf. Roll from one side of the lettuce leaf to the middle. Fold in sides and continue to roll. Secure with a toothpick. Enjoy! — Recipe credit: fruitsandveggies.org

Family Fun: Lettuce Stamps

After you eat a head of romaine lettuce, don't throw away the end! You can use it as a quick and easy stamp. Let it dry out overnight and then paint the end (where the leaves were cut off) with a thin layer of paint. Let your kids press the stamp onto a piece of paper. You might explore making stamps out of other veggies, like potatoes, celery, carrots, okra, beets, peppers, cabbage, or onion!

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