



BENEFITS

Because lettuce is what makes your salad a salad!

No, lettuce and salad are not the same thing: lettuce is a type of green leaf that's mixed with other ingredients to make a salad. Other types of leafy greens that go well in salads include mesclun, arugula and chicory.

Because the more, the merrier!

The more diverse and colourful the salad, the higher its nutritional value... and the better its taste! In season, it's easy to mix things up by combining different types and colours of lettuce. And while you're at it, why not throw in a bit of fruit too?!



WHY EAT LOCAL?

- To gain an awareness and appreciation of the different foods growing around us.
- To purchase produce that's picked when ripe, guaranteeing exceptional freshness.
- To encourage Quebec farmers and support our local economy.
- To preserve our territory and agricultural expertise.
- To minimize the distances travelled by our food, thereby reducing the harmful environmental impacts.
- To reduce purchases of packaged and over-packaged food.



CUSTOM-MADE SALAD

Portions: 4  15 min

Step 1

Choose a type of lettuce

Example

Romain, leaf, iceberg lettuce, etc.

Step 2

Choose 2 or more vegetables and dice them.

Example

Concombre, oignon vert, tomate, poivron, radis, etc.

Step 3

Choose the garnish of your choice (fruits and/or nuts and/or cheese).

Examples

- Diced fruit: apple, pear, strawberries, grapes, cranberries, etc.

AND/OR

- Chopped nuts: almonds, walnuts, pecans, etc.

AND/OR

- Cheese: grated, sliced, crumbled or cubed (old cheddar, Parmesan, feta, bocconcini, etc.)

Step 4

Add a home-made vinaigrette.

Examples

- 30 ml (2 tbsp) mayonnaise + 10 ml (2 tsp) apple juice.

OR

- 60 ml (1/4 cup) olive oil + 15 ml (1 tbsp) maple syrup + 5 ml (1 tsp) Dijon mustard + 30 - 45 ml (2 to 3 tbsp) balsamic vinegar

Adjust quantities if you like your dressing more vinegary.

Source: Marie-Pierre Drolet, RD



LETTUCE AND POTATO SOUP

Portions: 4 to 6  15 min  25 to 35 min

Ingredients

- 1 onion, thinly sliced
- 1 leek, sliced
- 15 ml (1 tbsp) olive oil
- 2 gloves garlic, chopped
- 2 potatoes, peeled and diced
- 1 L (4 cups) lettuce leaves, sliced
- 1.5 L (6 cups) chicken or vegetable broth
- 30 ml (2 tbsp) chives or parsley, chopped, for garnish
- Salt and pepper to taste

Directions

1. In a large saucepan, sauté the onion and leek in olive oil (about 5 min). Add the garlic and cook another 2 min.
2. Add the potatoes, lettuce and broth. Cover and simmer for 20 to 30 min, or until the potatoes are cooked.
3. Purée in the blender. Season to taste.
4. Garnish with the fresh herbs.

Source: Inspired from cooking.nytimes.com

COOKING WITH KIDS!

Making salads with kids is easy. Concocting the salad dressing helps them learn how to measure liquid ingredients. (cuisinonsenfamille.ca).



WASTE-REDUCTION TIP!

Is your lettuce looking a bit wilted? Cut it into strips and add it to your soup at the end of cooking. The lettuce leaves will cook with the heat of the stock and impart a delicate aroma.