

Romaine Lettuce

Pairings

fruit, other vegetables, cold cuts, meat, taco meat, tortilla, cheese

Types

There are four main types of lettuce: looseleaf, butterhead, romaine, and crisphead.

Vendors also sell lettuce as individual leaves (separate from the head) or in mixes with other salad greens.

Selection Info

Look for lettuce that is vivid in color and has fresh-looking leaves. Avoid lettuce that has leaves that are wilted or have brown edges.

Preparation

Remove the stem end of head lettuces. Wash individual leaves well (especially along the lower center rib towards the stem). You can chop head lettuces with a knife, but it is better to tear softer leaf lettuces.

[This video offers tips for cutting salad greens.](#)

Lettuces can be used as wraps in place of bread, crisp lettuces can be added to soups for texture, or added to smoothies. Since lettuce absorbs flavors, add to favorite dishes in place of cabbage.

Storage

Short-Term Storage

Wash and thoroughly dry lettuce — wet lettuce will degrade quickly. Wrap dry lettuce in a dry lint-free towel, place in a plastic bag, and store in the refrigerator. Lettuce will last about 5 days in the refrigerator.

Long-Term Storage

Lettuce is not suitable for long-term storage. For example, it does not freeze well because of its high moisture content.

FoodLinkSM Recipes

[Fiesta Lettuce Wraps and Pepper Boats](#)

[Rotini and Bean Salad with Lettuce](#)

[Apple Cranberry Salad Toss](#)

[Beets, Beans, and Greens Salad](#)

[Apple and Chicken Salad](#)

[Avocado and Blueberry Fruit Salad](#)

[Chicken Club Salad](#)

[Grape and Cashew Salad Sandwich](#)

[Harvest Vegetable Salad](#)