

HARVEST OF THE MONTH: LEAFY GREENS



NUTRITION FUN FACTS:

- One cup of leafy greens (lettuce, spinach, arugula, mixed greens) is an excellent source of vitamin K, which helps your blood clot. It also works with calcium to build strong bones.
- Most leafy greens are a good source of vitamin A and folate.

Fun snack ideas!

HOW TO EAT LEAFY GREENS:

1. Try different types of leafy greens to find what you like--there are lots available!
2. Add leafy greens to sandwiches and wraps.
3. Add color and flavor to your salads by adding different fruits and veg!
4. Experiment with different dressings to find your favorite.

Pick the yummiest!

THINGS TO LOOK FOR:

1. Look for dark green leaves.
2. Choose lettuce heads that are tight and firm
3. Wrap greens in slightly damp paper towels and place in a plastic bag with holes for air. Store in refrigerator.
4. Rinse with cold water and gently pat dry to serve.

BEST TIME TO EAT:

MARCH -
DECEMBER



UNC Center for Health Promotion and Disease Prevention

RECIPE: TACO SALAD

DIRECTIONS

1. Wash lettuce and tear into small pieces.
2. Chop tomatoes and green pepper.
3. Put lettuce in large bowl. Add tomatoes and green pepper.
4. Brown meat and onion in fry pan. Drain off fat and liquid.
5. Mix meat, beans, and salsa. Add to salad mixture.
6. Serve with additional salsa. Refrigerate leftovers.

INGREDIENTS

Makes 6 servings:

- 1 head lettuce (butter lettuce or any small lettuce)
- 2 tomatoes
- 1/2 cup green pepper
- 1 pound ground turkey or ground beef
- 1 small onion
- 1 can pinto beans, drained
- 3/4 cup salsa or taco sauce

[HTTPS://WWW.CHOOSEMYPLATE.GOV/RECIPES/SUPPLEMENTAL-NUTRITION-ASSISTANCE-PROGRAM-SNAP/TACO-SALAD](https://www.choosemyplate.gov/recipes/supplemental-nutrition-assistance-program-snap/taco-salad)

ACTIVITY: BUILD YOUR BOWL

Leafy greens make a great base for a healthy, delicious meal! You can add your favorite fruits, veggies, and nuts to make a rainbow of color. On the bowl of lettuce below, draw your favorite toppings to create a colorful dish. See the example toppings for ideas!

