Louisiana HARVEST of the MONTH

Crunchy Lettuce Salad

Home Recipe

Serves: 6
Prep Time: 15 minutes

Ingredients

- 1 small carrot, peeled and coarsely chopped
- 1 (1-inch) piece fresh ginger, peeled and coarsely chopped
- ¼ cup oil
- 2 Tbsp rice vinegar
- 1½ tsp soy sauce
- 1 Tbsp granulated sugar
- 1 tsp onion powder
- 2 Tbsp red onion
- Salt to taste
- 2 to 4 heads Little Gem lettuce, leaves separated
- 1 cup loosely packed fresh mint leaves

Cooking Instructions

1) **Make the dressing**: In a food processor, purée the carrot, ginger, olive oil, rice vinegar, soy sauce, sugar, onion powder, a pinch of salt and 1 tablespoon cold water until as smooth as possible, 1 to 2 minutes.
2) **Dress the salad**: Place the lettuce leaves in a large serving bowl. Add a couple of tablespoons of the dressing and toss, then add more as needed to evenly coat. The salad should be lightly dressed, not drowned; don't use every drop of dressing if you don't need to. Taste for seasoning, adjusting with more salt as desired. Top the salad with the mint leaves and serve immediately.

Nutrition Facts

6 Servings Per Container
Serving Size **1 cup (158g)**

Amount Per Serving	
Calories	**160**
	% Daily Value *
Total Fat 15g	**19%**
Saturated Fat 2g	**10%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 100mg	**4%**
Total Carbohydrates 10g	**4%**
Dietary Fiber 3g	**9%**
Total Sugars 7g	
Includes 5g Added Sugars	**10%**
Protein 2g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 3.4mg	20%
Potassium 370mg	8%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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louisianafarmtoschool@agcenter.lsu.edu
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