

# Lettuce

- Rinse leaves well, chop or tear into small pieces and finely chop stems.
- Use as a salad base mixed with other greens, chop up leaves for toppings or to add to a sandwich or use as a base for a grain-free wrap.
- Eat quickly! (3-5 days)

Store unwashed in plastic bag in the fridge. Wet lettuce spoils quickly!

