

# Healthy Eating

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## Loose Leaf Green Lettuce Salad with Apple Cider Vinegar Dressing

Loose leaf lettuce (also called leaf lettuce) varieties are those lettuces that do not form a compact head. Their flavor tends to be mild and sweet. Most home gardeners who grow lettuce raise the loose leaf type. Loose leaf lettuce typically is one of the first offerings at Farmers' Markets.

The sweet, tangy taste of this apple cider vinegar dressing is a perfect quick and easy complement for a loose leaf salad.

### Ingredients:

For each **2 cups** of green loose leaf lettuce (*measured after leaves have been torn into pieces to equal 2 cups*), use the following proportions to make the dressing. **Note: This amount of dressing makes one generous-sized side-dish salad; increase amount proportionately for more lettuce.**

- 2 teaspoons mild-flavored vegetable oil, such as canola oil
- 1 teaspoon apple cider vinegar
- 1/2 teaspoon sugar
- Possible add-ins:
  - Sliced radishes
  - Apples, with peels, cut into thin slices
  - Dried cranberries
  - Mandarin oranges
  - Chopped pecans

### Directions:

1. Whisk, oil, vinegar and sugar together in a small bowl.
2. Mix with lettuce and any additional salad ingredients, tossing to coat.
3. Serve right away.

**TIP:** Remove leafy radish tops before storing them in the refrigerator. Radishes don't keep as well if their tops are left on. Store unwashed radishes in an open or perforated plastic bag in a refrigerator drawer that is separate from the one in which you store fruits. Wash radishes and trim their roots just before serving.



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