

Farm



Fresh

July 2005

Available Now...

Lettuce

Whether in your salad or on your burger, Colorado lettuce is a popular summer vegetable.

Colorado is ranked third nationally for production of lettuce, with annual production totaling more than 70 million pounds.

Good quality leaf lettuce should be fresh, crisp and well-colored. Avoid leaf lettuce with yellow leaves or cracked ribs.

Lettuce is fat free, very low in sodium and high in the antioxidant Vitamin A.

Look for Colorado lettuce at your local grocery store, farmers' market or at restaurants across the state.

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state.

Visit www.coloradoagriculture.com for a complete list of recipes.

Oriental Express Beef Lettuce Wraps

Recipe courtesy of the National Cattlemen's Beef Association

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| 1½ lb. | Ground beef, 95-percent lean |
| ½ cup | Hoisin sauce |
| ½ cup | Asian peanut sauce |
| 1 | Medium cucumber, seeded and chopped |
| ½ cup | Carrot, shredded |
| ¼ cup | Fresh mint leaves, torn |
| 12 | Large lettuce leaves (about 2 heads of iceberg or romaine) |
- Salt and pepper

Brown ground beef in large nonstick skillet over medium heat for 8 to 10 minutes or until beef is cooked, breaking up into small crumbles. Pour off drippings. Stir in hoisin and peanut sauces; heat through.

Just before serving, add cucumber, carrots and torn mint; toss gently. Season with salt and pepper. Serve beef mixture in lettuce leaves. Garnish with mint.

Enjoy with a Colorado wine, such as a glass of Pinot Noir from Alfred Eames Cellars, located in Paonia, Colorado.



Next Month... Sweet Corn