

media release

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Contact: Wendy White, (303) 239-4119, Wendy.White@ag.state.co.us

Let Us Enjoy Colorado Lettuce

LAKESWOOD, Colo. – Each month, the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown, raised or processed in the state. This month, Colorado lettuce is featured in our **Summer Pear Salad** recipe.

Available Now...Lettuce

Whether in your salad or on your burger, Colorado lettuce is a popular summer vegetable. Look for lettuce with crisp leaves that are not wilted and are free of brown spots. Lettuce is fat free, very low in sodium and high in the antioxidant Vitamin A.

Summer Pear Salad

Chef Jason K. Morse, C.E.C., Executive Chef, Douglas County School District

Serves 8 people

1 Bag Mixed Field Greens

6 Pears

2 Cups Sun Dried Cherries or Cranberries, no added sweetener

1/2 Cup Roasted Pecan Pieces

2 Cups Blue Cheese Crumbles

Arrange the greens on 8 chilled salad plates. Peel, core and grill pears then slice and arrange on the salad. Top with the dried cherries or cranberries, roasted pecans and crumbled blue cheese. Serve with your choice of salad dressing such as a champagne vinaigrette or apple cider vinaigrette.

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

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