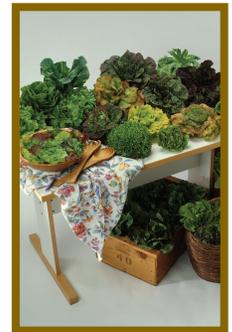


Available Now...

Lettuce

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



Fun Facts

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.

Fresh Inspirations...

Summer Pear Salad

Ingredients

- 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

Directions

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.

Provided by Chef Jason K. Morse, CEC, Executive Chef, Douglas County School District



Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at www.coloradoagriculture.com for a complete list of recipes.

Next Month... ColoradoSweet Corn