



LOCAL FOODS FOR GROWING MINDS

**FEED  
OUR  
FUTURE**

## RECIPE CARD

Make this dish. Make an impact.

When you choose to buy, prepare and eat fresh, local foods, it's better for you and your community! What will you make today? Cook & share with #FeedOurFuture.



## Local Hydroponic Lettuce

**Featured Item: Hydroponic Lettuce**

Serving Size: 1 Cup • Number of Servings: 50

**HACCP Process # 1:**

• No Cook

**Child Nutrition Credit:**

• .5 cups of dark green



## INGREDIENTS

**3 gal, 2 cups, shredded** Local Hydroponic Lettuce, Raw

## DIRECTIONS

1. Chop or shred lettuce to desired thickness.
2. Enjoy in salads, on top of sandwiches, burgers, and more!

\*\* Best practice preparation and drying tip: Wash your lettuce at time of receipt or day before, then place in a double pan drainage system (perforated hotel pan on top of non-perforated hotel pan) for easy draining and non-soggy lettuce at time of service! Cover with plastic wrap and store in refrigerator until ready to use.

Source: *Pisanick Partners, LLC.*