



FEED OUR FUTURE[®]
Local Foods for Growing Minds



Tangerine Chicken Lettuce Wrap

Featured Item: Hydroponic Lettuce

Serving Size: 2 wraps • Yield 4

Fun Facts:

Lettuce can be grown without soil.

Try It!

Some types of lettuce can be cooked on the grill.

INGREDIENTS

- 1/2 cup** Tyson Tangerine Chicken**
- 1/4 cup** Carrots, shredded
- 1/2 cup** Brown rice, cooked
- 2** Hydroponic Lettuce leaves, local



DIRECTIONS

1. Preheat the oven to 350 degrees.
2. Prepare chicken: Prepare chicken according to the package instructions.
3. Heat sauce in small saucepan.
4. Add cooked chicken to sauce and mix well to coat.
5. Serve two lettuce wraps. Each is made with 1 lettuce leaf, 1/4 cup rice, 2 ounces of chicken, and 2 tablespoons of carrot.

**Check the store you buy food at for tangerine chicken or similar flavor profile product options.

NUTRITION FACTS

Calories: 136
Total Fat: 2.5g
 Saturated Fat: 0g
 Trans Fat: 0g
Cholesterol: 69mg
Sodium: 207mg
Total Carbohydrate: 26g
 Dietary Fiber: 3g
 Total Sugars: 8g
Protein: 4g

Nutrition facts may vary based on specific products used.



Scan the code to learn more about Harvest of the Month.

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!

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Recipe and nutritional info provided by our partner, Pisanick Partners LLC

Email ohiofeedourfuture@gmail.com for full nutrition facts.



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HOME RECIPE

Roasted Root Vegetable Salad

Featured Item: Hydroponic Lettuce

Serving Size: 1 salad • Yield 4

Fun Fact:

Lettuce should not be stored near apples or bananas. It will go bad!

Try It!

Make your next salad in a jar! You will have fun layering your ingredients.

INGREDIENTS

Salad:		Dressing:	
2 quarts	Hydroponic lettuce, LOCAL, shredded	1/4 cup	Olive oil
1 1/2 cups	Garbanzo beans	3 tablespoons	Balsamic vinegar
1/2 cup	Feta cheese crumbles	1 tablespoon	Maple Syrup
1/4 cup	Pumpkin seeds, roasted	1/4 teaspoon	Salt
Vegetable Medley:		1/4 teaspoon	Black pepper
1/2 cup	Sweet potatoes, cubed		
3/4 cup	Red potatoes, diced		
1/2 cup	Butternut squash, cubed		
2 1/2 teaspoon	Olive oil		
1/4 teaspoon	Salt		
1/4 teaspoon	Black pepper		



DIRECTIONS

1. Preheat oven to 350 degrees.
2. Prepare vegetables: Scrub, peel, and cube sweet potatoes. Peel and cube butternut squash. Scrub red potatoes and cut into small pieces. Make sure all vegetables are a similar size.
3. Toss vegetables in the olive oil, salt, and pepper. Place on a rimmed baking sheet. Roast in the oven, 20-30 minutes, or until tender and lightly browned.
4. Prepare dressing: Whisk all ingredients together.
5. Prepare salad: Drain the beans. Clean and chop lettuce.
6. Assemble salad: Top 2 cups of lettuce with 3/8 cup garbanzo beans, 1/3 cup roasted root vegetables, 2 tablespoons feta cheese, and 1 tablespoon pumpkin seeds. Serve with 2 tablespoons balsamic dressing.

NUTRITION FACTS

Calories: 339
Total Fat: 22g
 Saturated Fat: 4g
 Trans Fat: 0 g
Cholesterol: 10mg
Sodium: 546mg
Total Carbohydrate: 31g
 Dietary Fiber: 7.5g
 Total Sugars: 8g
Protein: 8.5g

Child nutrition crediting and nutrition facts may vary based on specific products used.



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ENJOY!

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Hydroponic Lettuce

Featured Item: Hydroponic Lettuce
 Serving Size: 1 cup • Yield 4

Fun Facts:
 Lettuce is part of the sunflower family.

Try It!
 Can you taste the difference between hydroponic lettuce and soil grown lettuce?

INGREDIENTS

1 cup Hydroponic Lettuce, LOCAL, chopped



DIRECTIONS

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

NUTRITION FACTS

Calories: 5
Total Fat: 0g
 Saturated Fat: 0g
 Trans Fat: 0g
Cholesterol: 0mg
Sodium: 2mg
Total Carbohydrate: 0g
 Dietary Fiber: 0g
 Total Sugars: 0g
Protein: 0g

Nutrition facts may vary based on specific products used.



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