

# Featured Vegetable

## LETTUCE

A source of vitamin A, which is good for healthy eyes and skin. Also a source of potassium, fiber, and vitamin C.



## LETTUCE ROLL-UP

Ingredients	Directions
<ul style="list-style-type: none"><li>● 4 medium to large lettuce leaves (romaine or red leaf work well!)</li><li>● 1 cup refried beans</li><li>● 1 handful tortilla chips</li><li>● 4 heaping tablespoons salsa</li><li>● 1 sliced avocado</li><li>● Shredded cheese</li><li>● Sliced peppers, olives or other veggies you have on hand (optional)</li></ul>	<ul style="list-style-type: none"><li>● Wash hands, wash everything!</li><li>● Rinse lettuce leaves in cold water and dry.</li><li>● Divide refried beans and place about 1/4 cup inside each leaf. Spread evenly along the stem.</li><li>● In a small bowl, use your hands to break the tortilla chips into small (1/2 inch) pieces. Divide evenly and sprinkle over the beans in each leaf.</li><li>● Scoop 1 heaping tablespoon salsa over the chips in each leaf.</li><li>● Top with avocado, shredded cheese, and any other veggies.</li><li>● Starting from the base of the stem, roll up each leaf.</li><li>● Happy munching!</li></ul>