

# LETTUCE

Lettuce is one of the most popular vegetables around! From salads to sandwich toppings, it's always a delicious crunch, plus it's full of vitamins and essential nutrients to keep your body going. There are so many varieties of lettuce, so make sure to try them all. There's a lettuce for everyone!



**HARVEST**  *of the*  
**MONTH**



# RECIPE CORNER

## WARM RICE & BEAN SALAD

YIELD: 6-8 Servings

### INGREDIENTS

- 1 tbsp. olive oil
- 1 cup frozen corn
- 1 small onion, chopped
- 2 garlic cloves, minced
- 1 1/2 tsp. chili powder
- 1 1/2 tsp. ground cumin
- 1 can (15 ounces) pinto beans, rinsed and drained
- 1 cup cooked brown rice
- 1 can (4 ounces) chopped green chiles
- 1/2 cup salsa
- 1/4 cup chopped fresh cilantro
- 1 bunch romaine, quartered lengthwise through the core
- 1/4 cup finely shredded cheddar cheese

### DIRECTIONS

In a large skillet, heat oil over medium-high heat. Add corn and onion; cook and stir 4-5 minutes or until onion is tender. Stir in garlic, chili powder and cumin; cook and stir 1 minute longer. Add beans, rice, green chiles, salsa and cilantro; heat through, stirring occasionally. Serve over lettuce wedges. Sprinkle with cheese.

