

NYBG

EDIBLE ACADEMY
FRESH FROM THE GARDEN TASTINGS



COOKED LETTUCE

Shared by Annie Novak
Yield: 4 servings

Ingredients

- 4 Tablespoons extra virgin olive oil*
- 2 heads butterhead lettuce
- ¼ cup sunflower kernels roasted & unsalted*
- ½ cup raisins
- 2 Tablespoons white balsamic or white wine vinegar
- 4 Tablespoons grated Parmesan cheese*
- Sea salt fine crystals*, to taste

*365 Everyday Value® products are found exclusively at Whole Foods Market®.

Instructions

Wash the lettuce and chop into 4-inch pieces. Lightly saute in olive oil, as you would cook spinach (about 5 minutes). To serve, toss with the sunflower seeds, golden raisins, vinegar, and parmesan cheese. Salt to taste. Serve while warm.

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