Varieties of Leafy Greens

When most people think of the word “salad”, a sad picture of iceberg lettuce, a few chopped tomatoes, and ranch dressing comes to mind. While iceberg lettuce is a popular base for salads, it doesn’t pack the nutrient punch that other darker greens have. Here are some ideas to add to your everyday salad. Go ahead, sass it up!

**Romaine Lettuce**
- Long crunchy leaves that substitute well for iceberg lettuce. Flavor is slightly bitter but appealing
- Delicious when paired with purple cabbage and shredded carrots

**Kale**
- Large leaves that are somewhat bitter and tough.
- Transform flavor and texture by massaging kale with olive oil and salt
- Delicious chopped in salads or added to soups

**Spinach**
- Tender and flavorful leaves
- Great raw, steamed, or sautéed
- Delicious when paired with strawberries and a sweet vinaigrette

**Arugula**
- Small leaves with a distinctive spicy, peppery flavor
- Delicious when paired with kale and olive oil

**Swiss Chard**
- Large leaves with colorful, edible stems (usually red or yellow)
- Tasty sautéed in olive oil and drizzled with balsamic vinegar