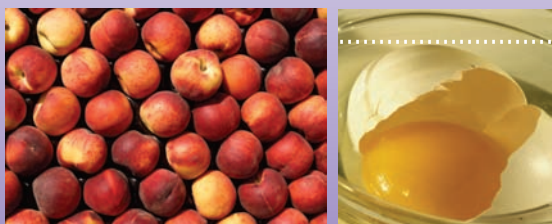




FarmFresh

Recipes

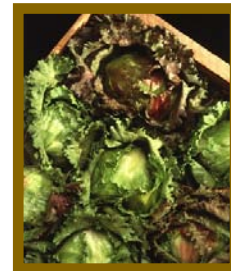
June 2015



Available Now...

Lettuce

Although mostly eaten raw, lettuce can be braised, steamed, sautéed and grilled.



Tips & Nutrition

Choose lettuce with crisp leaves and no brown edges.

Leaf lettuce is fat free, very low in sodium, high in vitamin A and a good source of folate.

Fresh Inspirations...



BBQ Chicken and Lettuce Tacos

Ingredients

- 6 Boneless Chicken Thighs
- 3 Tbsp. Chicken Seasoning
- 6-8 Tbsp. BBQ Sauce
- 1 Head Iceberg Lettuce

Directions

Rub the chicken with seasoning then grill or smoke chicken until fully cooked. Finish with your favorite BBQ sauce and remove from the grill/smoker. Allow to cool slightly and then shave or slice into thin strips. Remove the outer leaves of the iceberg lettuce until you find the first layer of firm lettuce. Remove the core then cut lettuce in half from top to bottom. Remove the lettuce in layers, which will form a lettuce taco shell. Assemble tacos by placing chicken in lettuce "shell" and top with favorite condiments such as diced tomatoes, roasted peppers and onions, salsa, sour cream and cheese.

Provided by Chef Jason K. Morse, CEC, 5280 Culinary, LLC

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at www.coloradoagriculture.com for a complete list of recipes.

Next Month... Colorado Apricots