

## Wilted Garden Leaf Lettuce

- 1 bunch leaf lettuce
- 6 to 8 radishes, sliced
- 4 to 6 green onions, sliced
- 5 slices bacon, crisp-cooked and crumbled
- 1/4 cup white vinegar
- 1 tablespoon sugar
- 2 tablespoons water
- 1/2 teaspoon salt
- 1/4 teaspoon dry mustard
- 1/8 teaspoon pepper

1. Rinse lettuce and spin dry in salad spinner. Place dried lettuce in large bowl.
2. Add radishes, green onions and bacon to lettuce.
3. In small saucepan, bring vinegar, sugar, water, salt, dry mustard and pepper to a simmer.
4. Pour dressing over lettuce and toss to wilt.
5. Serve immediately.

Serves 4.



Nutrition Facts		
Servings per recipe: 4		
<b>Calories 88</b>	Calories from fat 36	
	% Daily Value	
<b>Total Fat</b> 4g		7%
Saturated Fat 1g		7%
<b>Cholesterol</b> 7mg		2%
<b>Sodium</b> 411mg		17%
<b>Carbohydrate</b> 9g		3%
Dietary Fiber 3g		11%
<b>Protein</b> 4g		8%
Vitamin A: 11%	Vitamin C: 24%	Folacin: 23%
Calcium: 5%	Iron: 7%	Potassium: 10%

Source: Living Well, National Extension Association of Family and Consumer Sciences, 2010.  
 Barbara Brown, Food Specialist  
 Oklahoma Cooperative Extension Service

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Information about the book, Living Well, is available is available at [dana.baldwin@okstate.edu](mailto:dana.baldwin@okstate.edu)