



LOVE
FOOD
hate waste

Did you know
We throw out
130,000 heads of lettuce
every day in Canada?



TIP

Revive limp lettuce by soaking in ice cold water for 15 minutes. Remove from water, pat dry and enjoy your crisp lettuce. Or use in our **Lettuce Tzatziki**.

More tips at: lovefoodhatewaste.ca

Lettuce Tzatziki or Rescued Lettuce Dip

Give new life and flavour to lettuce greens that may not be in their prime.



YIELD: 2 cups of dip

COOK TIME: 15 min

INGREDIENTS

2 cups lettuce greens

1½ Greek or Icelandic yogurt

2-3 cloves garlic, minced

1 Tbsp oil

1 Tbsp lemon juice

1-2 Tbsp fresh dill

¼ tsp salt

1/8 tsp black pepper

- 1 Wash, drain, pat dry and cut lettuce greens into small, thin slices.
- 2 Combine remaining ingredients in bowl, mix well.
- 3 Stir in lettuce. Taste and adjust seasoning.
- 4 Garnish with fresh dill.
- 5 Serve with vegetables, pita or as a side to grilled meats, rice or potatoes.

#EveryBiteCounts

