Red Leaf Lettuce

- Red leaf lettuce is similar to romaine lettuce, except it has red-tinged leaves.
- Lettuce is most often eaten raw in salads, but it can also be braised, steamed, sautéed and even grilled to create a different addition to an entree or side dish.
- Red leaf lettuce contains health boosting antioxidants.
- Red leaf lettuce is great in mixed green salads.