

## **If you've never cooked lettuce before, let me convert you!**

As the weather has taken a chill turn but salad season is just getting started, I thought a warm salad would be just right for this fortnight's column. I have to admit before looking into this recipe I had never considered cooking lettuce, but I was more than pleasantly surprised with the results and I think you will be too.

Lettuce is a good source of vitamins A, C, K, B1 and B2, folic acid, manganese, chromium, and chlorophyll, and the darker the leaves the higher the nutrient level. Lettuces have a high water content so can aid hydration on top of our fluid intake, but where they are mostly water they offer little in the way of macronutrients.

Spring onions, members of the allium family alongside leeks, chives, and garlic, are great sources of vitamins A, C, B2, copper, phosphorus, magnesium, and potassium, as well as antioxidants including flavonoids and polyphenols. Spring onions also have a high water content, but unlike lettuces they also contain good levels of prebiotic fibres, a boon for our gut microbes!

### **Braised spring onions and lettuce**

(serves 2-4)

2 gem or romaine lettuces

1 pack of spring onions (approx. 8 spring onions)

¼ of a stock cube

1 garlic clove (finely grated)

juice ¼ of lemon

drizzle of olive oil

pinch of black pepper



Cut the lettuces in quarters lengthways and trim the tops and tails from the spring onions. In a large frying pan (big enough to fit everything in a single layer) gently heat the olive oil and garlic on a medium heat for 1-2 minutes without colouring.

Dissolve the stock cube in approximately 50ml of boiling water.

Add the spring onions to the pan and cook for about 2 minutes, until starting to soften but not colour.

Add the stock and lettuce cooking for about 1 minute before turning the lettuce over, and cooking for a further minute. Lastly drizzle over the lemon juice and a pinch of black pepper.

Lovely served with roast chicken or fish and new potatoes, or as part of a bigger salad.

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