

Having lettuce and eating it too

Sandra L. Stephens

Over a lifetime, my intention of having a fresh salad, on a regular basis, has always eluded me. Oh, I would purchase the lettuce, wash and store it for an upcoming dinner. However, I would eventually find rotten lettuce in the crisper time after time...clean, but rotten.

In defense of all of us who fall in this “rotten lettuce “category, it is understandable. We have a working life, daily responsibilities and chores that gobble up precious hours with barely enough time to cook meals. There is the grocery shopping, unloading the groceries, stocking, freezing the necessities and then, pulling out that lettuce spinner and cleaning the lettuce...or, just hand clean, shake and dry.

How sad, when the answer to consume salad on a regular basis turned out to be SO SIMPLE. So, what turned it around for me to have salad on a regular basis?

My answer came in the observation of a dear friend who is: “totally Mr. Nutrition and eats well.” He is able, on a continual basis, to eat a fresh salad by having a bowl of prepared salad in his refrigerator... always assembled and ready for consuming.

So, one day, as I was cleaning lettuce for the 50,432 time, a little voice whispered,” Make up the salad this time and put it in a plastic container.” Wow, what a novel idea. I then remembered, Mr. Nutrition with the always-ready salad and just followed suit.

I am happy to report than only when I clean the lettuce, tear it into bit size pieces, and pre-make a salad does my mental state deny any excuse in getting it on my dinner plate. It is so easy! Throw it on the plate and add dressing.

The moral of this story is that, you can in an easy fashion, have lettuce and be able to eat it too!