

Stir-Fried Lettuce



**GREATER
CHICAGO**
- FOOD -
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Serves: 6

Prep: 5 minutes | **Cook:** 5 minutes

INGREDIENTS

- 1 head of lettuce, chopped
- 2 tablespoons cooking oil
- 3 large garlic cloves, minced
- 2 tablespoons soy sauce (low-sodium if possible)
- 1 large pinch pepper or red pepper flakes

DIRECTIONS

1. Remove lettuce leaves from stem. Wash and dry well. Chop.
2. Heat oil in large pan. Add garlic and fry for 1 minutes until fragrant. Add lettuce leaves.
3. Add soy sauce and mix until lettuce is well coated. Add pepper. Cook leaves until they begin to wilt but still have crunch.
4. Serve fresh with chopped peanuts and green onion if desired.



Nutrition Information

Serving size: 1/6 of recipe

Calories	67
Total fat	5 g
Saturated fat	1 g
Cholesterol	0 mg
Sodium	162 mg
Carbohydrates	4 g
Fiber	2 g
Sugars	2 g
Protein	2 g

Notes:

- Add chicken, beef, or tofu and extra vegetables to make this a main dish.

Recipe source: BBC Good Food