Stir-Fried Lettuce

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.
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.

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

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

Recipe source: BBC Good Food

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