



STIR-FRIED LETTUCE

Basic Lifestyle

Ingredients

- 1 TBS dry sherry
- 2 TSP low-sodium soy sauce*
- ½ TBS vegetable oil
- 1 medium sliced shallot (about 1/4 cup)
- 2 TSP minced peeled fresh ginger
- 12 oz. Bibb lettuce leaves (about 4 heads)
- 1/4 TSP Morton's Lite Salt
- 1/4 TSP Splenda
- 1/8 TSP black pepper

Instructions

1. Make sure you dry your lettuce in a salad spinner. (Wet lettuce will braise instead of stir-fry.)
2. Heat oil in a large wok or heavy skillet over high heat until hot but not smoking. Add shallot and ginger, and stir-fry 1 minute or until shallot begins to soften.
3. Add lettuce, and stir-fry 1-2 minutes or until it just begins to wilt.
4. Swirl in sherry mixture, salt, Splenda and pepper, and continue to stir-fry 30 seconds or until lettuce is just tender and still bright green. Serve immediately.

Portion-Per-Serving Information (Yields 4 servings): 1 serving = ½ cup = 1 V

*Note: A great substitute for soy sauce (low-sodium or regular) is Bragg's Liquid Aminos. You can buy this at any good health food store, as well as in the Nature's Harvest section of Food Town. Tastes just like soy sauce with less sodium. (This item is on your Seasonings & Spices list.)