



## 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 salt  
1/4 TSP Splenda  
1/8 TSP black pepper

### INSTRUCTIONS

- Make sure you dry your lettuce in a salad spinner. (Wet lettuce will braise instead of stir-fry.)
- 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.
- Add lettuce, and stir-fry 1-2 minutes or until it just begins to wilt.
- 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.

**SERVING INFO:** (Serves 4)

½ cup = 1 V

See photo of this recipe at [Instagram](#) and [Facebook](#).