



*Simple,
Seasonal,
Sustainable*

Recipe of the Week
Flash-Fried Romaine

Ingredients:

- 4 slices bacon
- 2 bunches romaine lettuce, rinsed and spun
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 1 tablespoon peanut oil

Directions:

1. Fry the bacon in a wok or a very large frying pan over medium-high heat; remove from heat. Clean the pan. Drain the bacon on paper towels; cool and chop it into ½-inch pieces.
2. Shred the romaine; season it with salt and pepper.
3. Heat the oil in a wok; add the lettuce. Flash-fry just 1 to 3 minutes, turning constantly.
4. Garnish with the bacon pieces. Serve hot.

Serves 8

100 calories, 7 g fat, 1.5 g saturated fat, 6 g carbohydrate, 4 g fiber, 6 g protein, 450 mg sodium

Source: Academy of Nutrition and Dietetics

healthy.iu.edu
healthyu@indiana.edu

