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