



Stir Fried Romaine

4 servings

1 Tb coconut oil
1 tsp grated fresh ginger
3 cloves garlic thinly sliced
2 bunches washed, dried and cut into 2" segments
Celtic sea salt
¼ tsp white pepper or to taste
1 Tb rice vinegar or apple cider vinegar
1 tsp sesame oil
¼ tsp dried chili flakes

- Heat a sauté pan. Add oil, ginger and garlic. Stir fry 1 minute until fragrant
- Add the cut and dried romaine, salt and pepper, vinegar and toss quickly.
- Remove from the heat just as the romaine is beginning to wilt. The heat from the pan will continue to cook the romaine even after it is removed from the stove.
- Drizzle with sesame oil and chili flakes.
- Serve immediately