

# Sautéed Lettuce Recipe

This recipe is the perfect main dish for a healthy and delicious dinner!



Main Dish

**15 min**

Total time

**Easy**

Difficulty

**132**

kcal / serving

## Nutrition per serving (estimated)

Protein 3 g

Carbs 8 g

Fat 11 g

Fiber 4 g · Sugar 3 g · Sodium 300 mg

## Ingredients

- Ingredients for 1 person:
- 1 head of lettuce
- 2 cloves of garlic, minced
- 2 tablespoons of olive oil
- Salt and pepper to taste

## Substitutions

**Olive oil** – An equal amount of avocado oil

**Garlic** – An equal amount of finely minced shallot

**Black pepper** – White pepper to taste

## Steps

- 1 Begin by rinsing the lettuce and drying it with paper towels.
- 2 Heat the olive oil in a large skillet over medium heat.
- 3 Add garlic and sauté until fragrant, about 1 minute.
- 4 Add the lettuce and season with salt and pepper.
- 5 Cover the skillet and let cook for 1–2 minutes.
- 6 Uncover the skillet and stir the lettuce gently.
- 7 Continue cooking and stirring until lettuce is just wilted, about 1–2 minutes.
- 8 Serve immediately and enjoy!

## Chef's tips

- Tender, glossy leaves with a little structure are ideal; cooking until limp and watery can make the dish seem heavy.
- A wide skillet gives the leaves room to wilt evenly instead of steaming in a crowded pile.
- Have the lettuce thoroughly dry before cooking; excess water can dilute the garlic and oil and cause splattering.

**Drink pairing**

**A crisp, dry white wine such as Sauvignon Blanc**

Its fresh acidity complements the tender greens and savory garlic without overwhelming their delicate flavor.

0% option: Sparkling water with a squeeze of lemon

**Storage**

Refrigerate leftovers in a covered container within 2 hours and use within 3–4 days. Reheat until steaming hot; the leaves will be softer after storage.

**Frequently asked questions**

**Which lettuce works best?**

A sturdy head lettuce holds its shape better than very delicate leaves, which can wilt quickly.

**How can I tell when it is done?**

The leaves should look glossy and softened, with some structure remaining rather than turning mushy.

**Can I make it ahead?**

It is best cooked just before serving, since wilted lettuce loses texture as it sits.