



Stir-Fried Bok Choy and Lettuce with Mushrooms

The lettuce represents growing wealth for the coming year, as the Cantonese word for lettuce is saang choy, which sounds like "increasing fortune."



Photo by: Photo: Becky Luigart-Stayner; Styling: Jan Gautro

YIELD: 8 servings (serving size: about 2/3 cup)

COURSE: Appetizers, Hors d'Oeuvres

Ingredients

- 1 cup boiling water
- 8 dried shiitake mushrooms (about 2 ounces)
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon Shaoxing (Chinese rice wine) or dry sherry
- 1/2 teaspoon sugar
- 4 teaspoons canola oil, divided
- 1 teaspoon minced peeled ginger
- 1/2 cup fat-free, less-sodium chicken broth
- 2 tablespoons oyster sauce
- 1/2 teaspoon cornstarch
- 2 medium garlic cloves, thinly sliced
- 8 heads baby bok choy, halved lengthwise
- 1 medium head romaine lettuce, cut crosswise into 1-inch pieces (about 8 cups)

Preparation

1. Combine 1 cup boiling water and shiitake mushrooms in a bowl; cover and let stand 20 minutes. Drain mushrooms in a colander over a bowl, reserving liquid. Rinse mushrooms. Remove and discard stems; cut each cap into quarters. Set aside.
2. Combine soy sauce, wine, and sugar in a small bowl, stirring with a whisk.
3. Heat a small saucepan over medium-high heat. Add 1 teaspoon oil and ginger to pan; sauté 30 seconds. Add reserved mushrooms; sauté 1 minute. Add reserved

mushroom liquid and broth; bring to a boil. Cover, reduce heat, and simmer 20 minutes.

4. Combine oyster sauce and cornstarch in a small bowl, stirring with a whisk; stir into mushroom mixture. Bring to a boil, stirring constantly. Cook 1 minute or until thickened. Remove from heat; keep warm.

5. Heat a wok or large skillet over high heat. Add remaining 1 tablespoon oil to pan. Add garlic; stir-fry 10 seconds. Add bok choy; stir-fry 2 minutes or until bok choy begins to soften. Add lettuce; stir-fry 2 minutes or until lettuce wilts. Stir in mushroom mixture and soy sauce mixture; cook 3 minutes or until bok choy is tender.

Nutritional Information

Amount per serving

Calories: 105

Calories from fat: 0.0%

Fat: 3.4g

Saturated fat: 0.3g

Monounsaturated fat: 1.5g

Polyunsaturated fat: 1.2g

Protein: 7.7g

Carbohydrate: 15.5g

Fiber: 5.9g

Cholesterol: 0.0mg

Iron: 4.1mg

Sodium: 468mg

Calcium: 463mg

[Nutrition Guidelines for Healthy Living](#)

Cooking Light JANUARY 2009

\$ Local deals for ingredients in this recipe:

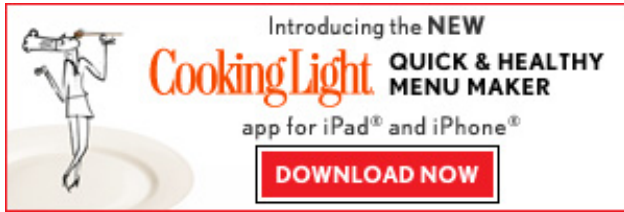
PRINT

Store	Ingredient	Price Special	Unit Cost
A&P	Earthbound Farm Organic Baby Romaine Salad	\$5.99 Valid through 01/19	\$1.20/oz
A&P	Fresh Express Salad, Premium Romaine, Carrots, Red Cabbage	2 for \$5.00 Valid through 01/19	\$0.25/oz
A&P	La Choy Soy Sauce All Purpose Seasoning	2 for \$4.00 Valid through 01/19	\$0.20/oz
	College Inn Broth Chicken with Lemon and	\$1.00 Valid through	

Acme Markets	Herb	01/19	\$0.07/oz
Associated Supermarkets	College Inn Broth Chicken	\$2.99 Valid through 01/19	\$0.06/oz
Associated Supermarkets	College Inn Broth Chicken with Lemon and Herb	5 for \$4.00 Valid through 01/19	\$0.06/oz
Fine Fare Supermarkets	College Inn Broth Chicken with Lemon and Herb	2 for \$5.00 Valid through 01/21	\$0.17/oz
Fine Fare Supermarkets	Crisco Canola Oil Pure	\$4.99 Valid through 01/21	\$0.31/oz
Fine Fare Supermarkets	Dole Hearts of Romaine	\$1.99 Valid through 01/21	\$0.22/oz
Fine Fare Supermarkets	Romaine Lettuce Organic, Hearts	\$2.99 Valid through 01/21	\$0.00/oz
Fine Fare Supermarkets	Swanson Broth Chicken	2 for \$5.00 Valid through 01/21	\$0.08/oz
Key Food	Maizena Corn Starch	\$0.99 Valid through 01/19	\$0.07/oz
King Kullen	Garlic Regular	\$3.99 Valid through 01/19	\$0.00/oz
Met	College Inn Broth Chicken	\$2.99 Valid through 01/21	\$0.06/oz
Met	Earthbound Farm Organic Baby Romaine Salad	\$2.99 Valid through 01/21	\$0.60/oz
Met	Wesson Canola Oil Regular	\$3.99 Valid through 01/21	\$0.08/oz
Pathmark	La Choy Soy Sauce, Lite	2 for \$4.00 Valid through 01/19	\$0.20/oz
Pioneer	College Inn Broth Chicken with Lemon and Herb	5 for \$4.00 Valid through 01/21	\$0.06/oz
Pioneer	Romaine Lettuce Organic, Hearts	\$3.99 Valid through 01/21	\$0.00/oz
Pioneer	Wesson Canola Oil Regular	\$7.99 Valid through 01/21	\$0.17/oz
Stop & Shop	College Inn Broth Chicken	2 for \$4.00 Valid through 01/19	\$0.06/oz
Stop & Shop	College Inn Broth Chicken, Light & Fat Free	2 for \$4.00 Valid through 01/19	\$0.06/oz
Waldbaum's	La Choy Soy Sauce, Lite	2 for \$4.00 Valid through 01/19	\$0.20/oz
decicco family markets	Swanson Broth Chicken	\$2.99 Valid through 01/19	\$0.09/oz



advertisement



Go to full version of

[Stir-Fried Bok Choy and Lettuce with Mushrooms recipe](#)

Copyright © 2012 Time Inc. Lifestyle Group. All Rights Reserved. Use of this site constitutes acceptance of our [Terms of Use](#) and [Privacy Policy](#). **Ad Choices**

advertisement