

Lettuce fried rice with ham and eggs

SERVES 4 | 25 MINUTES

This is a wonderful way to make use of leftover ham.

1 tbsp. minced fresh ginger

2 tsp. minced garlic

2 tbsp. vegetable oil, divided

3 large eggs, lightly beaten

¾ cup diced baked ham or Black Forest ham

4 cups cold cooked white rice

1 large head butter lettuce, chopped

About 1 tbsp. soy sauce

1. Combine ginger and garlic. Put 1 tsp. of mixture in a 12-in. nonstick frying pan with 1 tbsp. oil and cook over medium-high heat until sizzling, about 2 minutes. Add eggs, then cook, stirring often, until set, 3 minutes. Transfer from pan to a bowl.

2. Put remaining ginger mixture in pan with ham and stir-fry until garlic is softened, about 2 minutes. Add remaining 1 tbsp. oil and the rice and cook, stirring often, until hot, 3 to 4 minutes. Add lettuce and cook, tossing gently, until wilted, about 2 minutes. Stir in eggs.

Season with 1 tbsp. soy sauce and serve more at the table if you like.

PER 1¾-CUP SERVING 347 CAL., 31% (108 CAL.) FROM FAT; 14 G PROTEIN; 12 G FAT (2.3 G SAT.); 45 G CARBO (0.5 G FIBER); 565 MG SODIUM; 170 MG CHOL.