

# FAT FACTS



## Peanut Oil

Peanut oil is a source of phytosterols, which benefit the heart by preventing cholesterol absorption in the intestines. It's difficult though to get enough phytosterols from peanut oil or any other food unless it's a product fortified with added sterols. Peanut oil is also a common monounsaturated fat, and contains vitamin E—an antioxidant.

### How should you use it?

This oil is often used in deep frying [because of the] high temperature it can reach. Because of its nutty flavor, use this oil in stir-fries and ginger dressing.

### Recipe “Flash in the Pan”

The symphony of peanut oil, romaine, and bacon is fabulous, as is the texture.

### 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