

Baby Bok Choy

This simple dish can be a delicious side vegetable or served over brown rice (or farro or other grain) a light meal. You could also sauté some tofu first and add to the bok choy for more protein.

Baby Bok Choy



(serves 2)

12-16 Baby Bok Choy

2 cloves fresh garlic

3 inches fresh ginger

2-3 teaspoons sesame oil (other oil will work if you do not have it but sesame adds to flavor)

Heat oil in wok or skillet, over medium heat and add garlic and ginger and sauté till softened not brown. Add bok choy and toss well to coat and then let cook till slightly softened, tossing occasionally perhaps sprinkling with a little water or veg broth if desired. Do not over cook, should be softened but still crisp, probably about 5-6 minutes.

Serve as is or over grain of your choice.