



# Easy Bok Choy

4 servings

## INGREDIENTS

- 2 Tbsp vegetable oil
- 2 cloves garlic, crushed and chopped
- 8 heads baby bok choy, end of stem trimmed off and cut into bite-size pieces
- Salt and pepper to taste

## DIRECTIONS

1. Heat the oil in a large skillet or wok over medium heat.
2. Cook the garlic in the hot oil until fragrant, 1 to 2 minutes.
3. Mix in the bok choy, cook and stir until the green parts of the leaves turn bright green and the stalks become slightly translucent, 5 to 8 minutes.
4. Sprinkle with salt and pepper to serve



**Become a Recipe Tester and enter to win a \$100 gift card!**  
Visit VT Fresh for recipes, videos & more! [vtfoodbank.org/vtfresh](https://vtfoodbank.org/vtfresh)  
This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer.



# Easy Bok Choy

4 servings

## INGREDIENTS

- 2 Tbsp vegetable oil
- 2 cloves garlic, crushed and chopped
- 8 heads baby bok choy, end of stem trimmed off and cut into bite-size pieces
- Salt and pepper to taste

## DIRECTIONS

1. Heat the oil in a large skillet or wok over medium heat.
2. Cook the garlic in the hot oil until fragrant, 1 to 2 minutes.
3. Mix in the bok choy, cook and stir until the green parts of the leaves turn bright green and the stalks become slightly translucent, 5 to 8 minutes.
4. Sprinkle with salt and pepper to serve



**Become a Recipe Tester and enter to win a \$100 gift card!**  
Visit VT Fresh for recipes, videos & more! [vtfoodbank.org/vtfresh](https://vtfoodbank.org/vtfresh)  
This material was funded in part by USDA's Supplemental Nutrition Assistance Program (SNAP). USDA is an equal opportunity provider and employer.