



# Bok Choy Stir Fry

4 large servings

## INGREDIENTS

- 4 Tbsp oil
- 2 cloves garlic, minced
- 1 Tbsp minced fresh ginger (optional)
- 8 cups chopped fresh bok choy
- 2 Tbsp soy sauce
- 2 tsp sugar, maple syrup or honey (optional)
- Salt and black pepper

## DIRECTIONS

1. Heat oil in a large skillet over medium heat.
2. Add garlic and ginger and cook 1 minute.
3. Add bok choy and soy sauce, cook 3-5 minutes, until greens are wilted and stalks are crisp-tender
4. Season, to taste, with salt and black pepper.
5. Enjoy warm.

**Tip:** Add carrots or onions, chicken, beef or tofu to make a main dish.



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