Bok Choy Stir-fry

Prep Time: 10 min **Rest Time:** 10 min **Servings:** 4

Originating in Central Asia, Bok choy a.k.a. Chinese Cabbage, it has dark green leaves and pale to white stalks. It is closely related to broccoli rabe, turnips, and Brussels sprouts. Bok choy has a mild, slightly earthy taste and a crisp juicy stalk. It is also available in a tender "baby" variety. This sweet and savory recipe is full of vitamin C and other nutrients! Bok Choy Stir-fry is full of flavor and easy to make.

Ingredients

- 1 large heads bok choy
- 2 cloves garlic, minced
- 1 Tbsp fresh ginger, minced
- 2-3 Tbsp oil
- 2 Tbsp soy sauce
- 2 tsp sugar, maple syrup or honey
- pepper, to taste

Steps

1. Wash bok choy thoroughly by peeling away each individual stem and scrubbing your fingers along the bottom of each stem. Trim root end if needed.
2. Gather washed stems and stack in piles of 3 or 4. Slice stack in half lengthwise and then chop across the stalks and leaves. Continue until all stacks are chopped. Using a salad spinner, spin chopped bok choy to remove water before stir-frying.
3. Prep garlic and ginger, set aside. Combine soy sauce and sweetener, set aside.
4. Heat oil in a large skillet over medium heat.
5. Add minced garlic and ginger, cook 1 minute.
6. Add bok choy cook 3-5 minutes, until greens are wilted and stalks are crisp- tender. Add sweetened soy sauce mixture and pepper, continue to stir-fry for an additional minute until well combined.
7. Enjoy warm.