

5-minute bok choy

Makes 2 servings

PREP TIME: 5 minutes

COOK TIME: 5 minutes

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- 1 medium bunch of bok choy
 - 1 garlic clove, chopped or minced
 - 3 Tbsp chicken or vegetable broth
 - 1 Tbsp extra virgin olive oil
 - 1 tsp lemon juice
 - Salt and pepper to taste
 - Optional: mushrooms and dried sunflower seeds
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CUT leafy portion of bok choy into ¼-inch slices. Cut stems into ¾-inch slices (if cut too thin, they will become watery).

HEAT broth over medium heat in a skillet.

WHEN broth begins to steam, add bok choy stems and cook uncovered for 1 minute.

ADD leaves, cover, and continue cooking for 3 more minutes.

COMBINE olive oil, lemon juice, garlic, salt and pepper (can also add sunflower seeds and/or mushrooms, if desired).

TOSS bok choy with dressing.

SERVE with cooked salmon, tempeh, tofu or other protein of choice.

