

# Easy Bok Choy

serves 4-6 people

*This bok choy recipe is a basic stir-fry that can be served as is, or you can add meat or chicken to make it more substantial. Serve with fluffy white rice or over noodles in soup.*

## INGREDIENTS

1 tablespoon vegetable oil

2 cloves garlic, crushed and chopped or 1/2 tsp. garlic powder

1-2 heads of bok-choy, trimmed and cut into bite size pieces (including stalks)

Salt to taste



## DIRECTIONS

Heat oil in a large skillet or wok over medium heat; cook garlic in hot oil until fragrant, 1 to 2 minutes

Mix in bok choy; cook and stir until the leafy green parts turn bright green and the stalks become slightly translucent, 5-8 minutes.

Sprinkle with salt and serve.

