

Stir-Fried Bok Choy with Ginger and Garlic

From – *foodnetwork.com*

1 Tbsp olive oil
2 cloves garlic, minced
1 tablespoon minced fresh ginger
8 cups chopped fresh bok choy
2 tablespoons reduced-sodium soy sauce
Salt and ground black pepper

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



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