

# GARLIC BOK CHOY



## SERVING SIZE

4



## INGREDIENTS

### ITEM

Bok Choy, washed and ends trimmed  
Large Garlic Cloves, chopped  
Oil

### QUANTITY

6 Cups  
4  
1 Tbsp.



## PREPARATION

- Heat oil in a large skillet or wok over medium heat.
- Add chopped garlic and sauté for 30–60 seconds until fragrant, being careful not to burn.
- Add bok choy and toss to coat with the garlic oil.
- Cook 3–4 minutes, stirring occasionally, until bok choy is tender but still vibrant and slightly crisp.
- Remove from heat and serve warm. Enjoy!