

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!