

Bok Choy with Ginger and Garlic

Recipe Type: Side dish

Serves: 3

Prep Time: 5 minutes

Cooking Time: 10 minutes

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 1 T olive oil
- 2 garlic cloves, diced
- 1 T fresh ginger, peeled and diced
- 1 bunch of bok choy
- 1/2 T low sodium soy sauce
- 1/2 t ground black pepper

What to do:

1. Wash your hands.
2. Heat oil in a large skillet over medium heat.
3. Add the garlic and ginger to the skillet and cook for 1 minute.
4. Add the bok choy, soy sauce and black pepper to the skillet.
5. Cook for 3-5 minutes.

Note: To spice it up add 1/2 t of crushed red chili pepper flakes in step 3.



This is a picture of 1 serving.

Nutrition Facts

Serving Size 1 Cup

Amount Per Serving

Calories 90

Calories from Fat 50

%Daily Value*

Total Fat 5 g **8%**

Saturated Fat 1 g **5%**

Trans Fat 0 g

Cholesterol 0 mg **0%**

Sodium 280 mg **12%**

Total Carbohydrate 8 g **3%**

Dietary Fiber 3 g **12%**

Sugars 3 g

Protein 5 g

Vitamin C 210%

Calcium 30%

* Percent Daily Values are based on a 2,000 calorie diet.

FK=1.8

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