



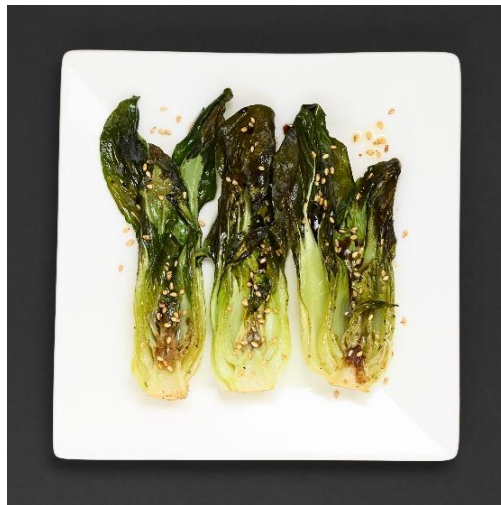
ROASTED BOK CHOY

By Dr. Cindy Tanzar

(Standard, Vegan/Vegetarian & Maintenance Plans)

Bok choy is a delicious Chinese cabbage with long soft leafy greens and crunchy stalks and bulb. It can be grilled, stir-fried and or added to soups. This super-fast and easy recipe roasts the long stalks with the leaves, which gives it almost a peppery taste, while providing a nice celery-like crunch. Baby Bok Choy can be used in this recipe, as well.

One serving is one cup and covers your vegetable and fat for one meal.



INGREDIENTS

One large head Bok Choy or three Baby Bok Choy
3 cloves garlic, finely minced (or more if cloves are small)
Pink Himalayan salt and pepper, to taste
1/4 cup avocado oil

INSTRUCTIONS

Preheat oven to 425° F. Cut the Bok Choy into quarters (or Baby Bok Choy in half) and place on a large baking sheet in a single layer. Do not overlap.



Drizzle with avocado oil and sprinkle with salt and pepper. Add the garlic, rubbing it all through the leaves with the oil. Roast with the cut side up for 10 minutes on the lowest rack.

Rotate the pan and roast for another 10 minutes or until the leaves are roasted to a nice light brown.