



STIR-FRIED BOK CHOY (CHINESE CABBAGE)

By Dr. Cindy Tazar
(Standard/Vegan)

Bok Choy and Napa cabbage are cruciferous vegetables - commonly known as Chinese cabbage. Unlike Western cabbage with its leaves rolled in a tight ball, they have long leaves similar to romaine lettuce. Bok Choy has a mild, peppery flavor that takes on a sweet taste when cooked, while still maintaining its crunch. It's a perfect complement for the Asian flavors in this recipe. Chinese cabbage is a nutritional powerhouse of anti-oxidants, minerals for strengthening bones and lowering blood pressure and contains fiber. It can be added to soups, roasted, grilled or stir-fried. Baby Bok Choy can be used, as well, and is sweeter and more tender than the larger leaves.

Makes 4-5 servings. One serving of this recipe is 1 cup cooked and covers your vegetable for one meal.



INGREDIENTS

- 1 large head of bok choy or Napa cabbage
- 1 Tbsp avocado oil
- 2 cloves garlic, crushed and chopped fine
- 1 tsp fresh ginger, finely chopped



1 Tbsp Tamari (gluten-free soy sauce) or coconut aminos
1 tsp sesame oil
1 Tbsp water
1/4 tsp red pepper flakes
Sesame seeds to sprinkle (optional)

DIRECTIONS

Remove and clean each leaf from the head of the bok choy. Remove the leafy portion from the thick white stalk portion. Large chop the leaf and stalk, keeping them separate. Set aside. (For Napa cabbage, separate the white stalks from the green leaf, as well. You probably only need to wash the outer leaves covering the inner ones.)

In a small bowl, mix the Tamari, sesame oil, water and red pepper flakes. Set aside.

Heat a large skillet over medium-high heat. Add avocado oil, garlic and ginger, sauteing for 1-2 minutes or until fragrant.

Add the bok choy stalks and saute for 3-4 minutes. Then add the Tamari mixture. Mix well.

Add the leafy bok choy, and saute until crisp tender. Sprinkle with sesame seeds and serve!