

Bok Choy Stir-Fry

A quick, colorful stir-fry full of tender bok choy, fresh ginger, garlic, and vegetables. Perfect as a side or served with rice, tofu, or chicken.

Makes: 8 Servings
 Prep Time: 10 minutes
 Cook Time: 10 minutes

Source: UMD Extension

Ingredients

- 2 pounds bok choy
- 4 teaspoons vegetable oil
- 2 cloves garlic, minced
- 1 teaspoon fresh grated ginger or ¼ teaspoon dried ginger
- 3 tablespoons water
- 1 medium tomato, chopped
- 1 small onion, chopped
- 1 bell pepper, chopped
- Optional:
- ½ teaspoon sesame oil

Directions

1. Separate bok choy stems from leaves. Rinse and drain.
2. Cut stems into 1-inch pieces and leaves into wide strips.
3. Place oil, garlic, and ginger into a cold pan. Heat over medium-high.
4. When garlic and ginger begin to brown, add onion and bell pepper. Cook ~5 minutes.
5. Add bok choy stems; cook 3 minutes.
6. Stir in bok choy leaves, tomato, and water.
7. Cover and cook 1 minute.
8. Finish with sesame oil (optional).



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 1/8 of recipe	
Nutrients	Amount
Calories:	50
Total Fat:	3g
Saturated Fat:	0g
Cholesterol:	0mg
Sodium:	70mg
Total Carbohydrates:	5g
Dietary Fiber:	2g
Total Sugars:	3g
Added Sugars:	0g
Protein	2g

Utensils Needed

- Sharp knife
- Cutting board
- Large Skillet or wok with lid
- Spoon or spatula



SHOPPING LIST

Average total cost without oil and seasonings: \$7.28

Average cost/serving: \$0.91

Makes: 8 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 2 to Cart
Bok Choy



Add 1 to Cart
Onion



Add 1 to Cart
Red bell pepper



Add 1 to Cart
Tomato

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- Use any color bell pepper for extra sweetness
- Great served over brown rice or noodles
- Add tofu or cooked chicken for a complete meal

