

Garlic Bok Choy

A quick and simple recipe using just garlic, salt, and oil to bring out bok choy's natural flavor.

Ready in minutes!

Makes: 4 Servings
 Prep Time: 5 minutes
 Cook Time: 5 minutes

Source: MyPlate



Small Changes,
 BIG Difference!

Ingredients

- 1 head Bok choy (about 1 pound)
- 5 cloves garlic, minced (or 1-1 ½ tsp garlic powder)
- 2 teaspoons vegetable oil
- ½ teaspoon salt



Directions

1. Wash hands.
2. Cut bok choy crosswise into bite-size pieces.
3. Heat oil in a medium skillet over medium-high.
4. Add garlic and sauté until fragrant. (If using garlic powder, add later with salt.)
5. Add bok choy and stir. Add salt.
6. Cook until stems are tender-crisp and greens are wilted. Serve hot.

Nutrition Information

Serving Size: 1/4 of recipe	
Nutrients	Amount
Calories:	30
Total Fat:	2g
Saturated Fat:	0g
Cholesterol:	0mg
Sodium:	300mg
Total Carbohydrates:	3g
Dietary Fiber:	1g
Total Sugars:	1g
Added Sugars:	0g
Protein	1g

Utensils Needed

- Sharp knife
- Cutting board
- Skillet
- Measuring spoons
- Spoon or spatula

SHOPPING LIST

Average total cost without oil and seasonings: \$3.24

Average cost/serving: \$0.81

Makes: 4 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 1 to Cart
Bok choy



Add 1 to Cart
Garlic

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- Add a splash of lemon juice for brightness
- Stir in red pepper flakes for a little spice
- Serve alongside rice bowls, noodles, or roasted meats

