

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
- ½ T low sodium soy sauce
- ½ 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.
6. Serve hot and enjoy!



This is a picture of 1 serving.

Contains Soy

Nutrition Facts	
3 servings per container	
Serving size	1 Cup (16g)
Amount per serving	
Calories	45
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 105mg	5%
Total Carbohydrate 2g	1%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 12mg	0%
Iron 0mg	0%
Potassium 43mg	0%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Note: To spice it up add ½ t of crushed red chili pepper flakes in step 3.

FK=3.5