



# Recipes

## Breakfast

### Japanese Style Breakfast

*Prep Time: 5 minutes*

*Cooking Time: 10 minutes*

*Yield: 1 serving*

**Ingredients:**

4 bok choy leaves  
1 teaspoon toasted sesame oil  
1 tablespoon brown rice vinegar  
1 tablespoon tamari  
1/2 cup cooked brown rice  
Sesame seeds (optional)

**Directions:**

1. Wash bok choy and chop into bite-size pieces.
2. Heat sesame oil in a sauté pan.
3. Add bok choy and stir fry for one minute.
4. Add vinegar, tamari and brown rice.
5. Stir gently and continue cooking for about 3 minutes, until everything is warm.
6. Transfer to a bowl to eat.
7. Garnish with sesame seeds if desired.

**Variation:**

For extra protein add 4 ounces of cooked salmon or other fish.