



Recipes

Leafy Greens

Baby Bok Choy and Shiitakes

Prep Time: 8 minutes

Cooking Time: 8 minutes

Yield: 6 servings

Ingredients:

- 1 tablespoon toasted sesame oil
- 1 small yellow onion, sliced into strips
- 4 heads baby bok choy, chopped
- 6 fresh shiitake mushrooms, sliced
- 1 tablespoons mirin
- 1 tablespoon tamari
- Sesame seeds, optional

Directions:

1. Heat oil in a frying pan.
2. Add onions, turn heat down and cook 5 minutes, stirring occasionally.
3. Add shiitakes, bok choy, mirin and tamari.
4. Cover and cook 3 minutes.
5. Spread on a flat surface to cool and stop greens from cooking.
6. Garnish with toasted sesame seeds.