



Recipes

Leafy Greens

Bok Choy Stir-Fry

Prep Time: 5 minutes

Cooking Time: 10 minutes

Yield: 4-6 servings

Ingredients:

- 1 bunch bok choy
- 2 tablespoons olive oil
- 2 cloves garlic, diced
- 1/2 red or yellow bell pepper, diced
- Pinch of sea salt

Directions:

1. Wash bok choy and separate greens from stems, chopping stems into smaller pieces.
2. Heat oil in a skillet and add garlic, sauté for 1 minute.
3. Add bell pepper and cook for 2 minutes.
4. Add stems of bok choy and sea salt and cook until stems become tender.
5. Add greens and cook until wilted.