

Garlic Bok Choy

This quick and simple bok choy recipe uses garlic, salt, and oil to give bok choy a delicious flavor.

Makes: 3 servings

Ingredients

- 1 head of bok choy, cut into 1-inch pieces (or 4 baby bok choy)
- 4-6 cloves garlic, minced (or 1-1 ½ teaspoons garlic powder)
- 2 teaspoons oil
- ½ teaspoon salt

Directions

1. In a medium skillet over medium-high heat, sauté garlic in oil until fragrant.
2. Add bok choy and stir quickly. Add salt (and garlic powder if using). Stir until greens are wilted and stem pieces are tender-crisp.

Recipe from: *Food Hero*, Oregon State University Cooperative Extension Service, adapted by the USDA Food and Nutrition Administration.



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