

Roasted Bok Choy

Servings: 4

Ingredients:

4 baby bok choy
1 tbsp (15 mL) vegetable oil
2 cloves garlic, minced

Preparation:

Trim base of each bok choy; cut in half lengthwise.

In large skillet, heat oil over medium heat; fry garlic until fragrant, about 30 seconds.

Add bok choy and 3 tbsp (50 mL) water; cover and steam until tender-crisp, about 5 minutes.

Additional Information

- **Variations**

Balsamic Bok Choy: Add 1/4 tsp (1 mL) salt along with garlic. After steaming, drizzle with 1 tbsp (15 mL) white or regular balsamic vinegar. Turn to coat.

Ginger, Soy and Sesame Bok Choy: Fry 1 tbsp (15 mL) minced gingerroot and pinch hot pepper flakes with garlic. After steaming, drizzle with 1 tbsp (15 mL) soy sauce and 1 tsp (5 mL) sesame oil. Turn to coat.

Tip: A member of the cabbage family, bok choy has a slightly bulbous base, crisp white stems and crinkled, spinachlike forest-green leaves. Bok choy comes in three sizes: standard

at about 12 inches (30 cm) tall; smaller baby bok choy; and tiny heads that are 2 to 4 inches (5 to 10 cm) tall. A similar choy with pale green stalks is often called Shanghai bok choy and is an excellent alternative to baby bok choy. Bok choy is usually stir-fried with other ingredients but can also be steamed or sautee for a side dish.