Garlic Bok Choy

Ingredients

- ½ Tablespoon oil (olive, canola or vegetable)
- 1 small clove garlic, minced
- 1 cup bok choy, rinsed and chopped
- 1/8 Tablespoon salt

Directions

1. Wash hands with soap and warm water.
2. Cut the bottom parts of the stems (about ¼ inch) off of the bok choy.
3. Heat skillet over medium-high heat. Add oil and let heat for about 1 minute, then add garlic, stirring frequently until fragrant.
4. Add bok choy, stirring frequently for 1 minute. Add salt and cook for another 2-3 minutes.
5. Serve & enjoy!
6. Store leftovers in an air-tight container in the refrigerator for up to 4 days.

Recipe Notes: Try adding a pinch of crushed red garlic for a little kick. You can easily double or quadruple the recipe ingredients to create leftovers as an easy side to add to meals throughout the week. Bok choy is also a great addition to stir-fry.