

Sautéed Bok Choy with Mushrooms

Serves 4-6



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE

Ingredients

- 1 1/2 pounds bok choy, trimmed and cut into 1" strips
- 1 cup mushrooms, sliced
- 1 clove garlic, minced
- 1-2 teaspoons sesame or olive oil
- Reduced sodium tamari or soy sauce or salt to taste (If you need this meal to be gluten-free, always double check labels. Tamari is usually gluten-free, but soy sauce is not.)
- Red pepper flakes (optional)

Directions

1. Cook garlic in oil on medium-low for 1 minute.
2. Add mushrooms and cook until soft, about 2 minutes.
3. Mix in bok choy, sprinkle with water and stir-fry another 2 minutes, until soft.
4. Remove from heat, add soy sauce or salt and red pepper flakes.

Recipe from Cook Well Berkeley: Spring Veggies, Spring 2011