

Ginger Chile Bok Choy

Serves: 4

Taken from Cooking Light Magazine

Items Needed: skillet, cutting board, kitchen knife, measuring spoons

Ingredients:

4 tsp canola oil
1 lb quartered baby bok choy
1 TB peeled and minced fresh ginger
2 sliced, seeded red fresno chiles
1 garlic clove, sliced
1 TB mirin (can sub with 1 TB rice vinegar+ 1/2 tsp sugar if needed)
2 TB chopped, roasted, unsalted peanuts
1/4 tsp kosher salt

Directions:

1. Heat 2 teaspoons canola oil in a skillet over medium-high heat
2. Add bok choy, cook until browned, about 4 minutes
3. Reduce the heat to medium, cover and cook until tender, about 3 minutes
4. Remove bok choy from skillet
5. Add the remaining 2 tsp canola oil, chopped ginger, chile, and garlic to the skillet. Cook, stirring often, about 2 minutes
6. Add mirin, stirring to scrape up browned bits of ginger, chile, and garlic
7. Return the bok choy to the pan and cook for 2 more minutes
8. Sprinkle with peanuts and kosher salt

Nutrition Information (per 2/3 c serving):

Calories: 68 Fat: 5 g Carbs: 5g Protein: 2 g Fiber: 1 g Sodium: 211 mg

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