

Baby Bok Choy With Garlic and Ginger

Ingredients

- 1 lb baby bok choy
- 2 tsp cooking oil
- 2 cloves garlic, finely minced
- 1 tsp grated fresh ginger
- 1/2 tsp salt
- 2 Tbsp water
- 1/2 tsp toasted sesame oil
- Optional: handful of honshimeji and enoki mushrooms

Directions

1. Wash bok choy. Snap off the outer leaves until you reach the tender center (save leaves--they will be used)
2. Add the cooking oil, garlic, and ginger to a sauté pan or wok. Turn the heat to medium. When the garlic and ginger start to release their fragrance (take care not to burn them), add mushrooms. Then add the bok choy, including the outer leaves, and stir to coat with oil. Turn the heat to medium-high, season with salt and add the water. Cover and let cook for 4 minutes or until the bok choy is crisp-tender. Drizzle in the sesame oil and serve.

