

BABY BOK CHOY WITH GARLIC SAUCE

Yield: 4 Servings (½ cup per serving)



TOTAL TIME: 10 minutes

INGREDIENTS

- 1 Tbsp. vegetable oil
- 1 lb. baby bok choy, heads halved lengthwise
- ½ cup water
- 1 bottle (8 oz.) Wegmans Garlic Simmer Sauce
- Salt and pepper to taste

PREPARATION

1. Drizzle oil around sides of stir-fry pan; tilt pan to distribute evenly. Heat oil in pan on high until oil faintly smokes. (If oil smokes too much, pan is too hot.)
2. Add bok choy. Stir and toss, keeping things moving, 2 min.
3. Add water. Cook, stirring, 5–8 min. until bok choy is tender and water has evaporated.
4. Stir in sauce. Cook, stirring, 2–3 min., to heat through. Season with salt and pepper.

NUTRITION

Per serving: Calories: 50; Fat: 3 g (0 g saturated fat); Cholesterol: 0 mg; Carbohydrates: 7 g; Protein: 1 g; Sodium: 220 mg.

Recipe courtesy of Wegmans