Dinner, Asian

Garlicky Skillet Baby Bok Choy

Baby bok choy is quickly cooked with garlic and shallots, then coated in a savory broth and soy sauce blend and finished with a sprinkle of heat. A fast, flavorful side dish for any night of the week.



Vegetarian | Nut free

15 min	110	13 g	6 g
time	calories	carbs	sugars

Ingredients, 4 servings

- [ ] 1 tbsp olive oil
- [ ] 5 clove garlic (minced)
- [ ] 2 whole shallots (minced)
- [ ] 8 whole baby bok choy (roots trimmed)
- [ ] 1/4 tsp lower sodium soy sauce
- [ ] 2 tbsp low sodium vegetable broth
- [ ] 1 tsp sesame oil
- [ ] 1 tsp crushed red pepper flakes

Method

- [ ] 1 Heat 1 tbsp olive oil in a large skillet over medium-high heat, then stir in the minced garlic and minced shallots and cook until fragrant, 1-2 minutes.
- [ ] 2 Whisk the lower sodium soy sauce, low sodium vegetable broth, and sesame oil together in a small bowl.
- [ ] 3 Add the baby bok choy with the roots trimmed to the skillet and pour in the sauce, tossing to coat. Cover and cook for 2-3 minutes, uncover and toss, then cover again and keep cooking until the baby bok choy is tender, 3-5 minutes more.
- [ ] 4 Scatter the crushed red pepper flakes over the top before serving.

Nutrition Facts

Per serving

Calories	**110**
Total fat	4.5 g
Saturated fat	0.5 g
Sodium	170 mg
Total carbs	13 g
Fiber	4 g
Total sugars	6 g
Protein	5 g

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