

# Bok Choy Stir-Fry

By Manda on February 12, 2004 | ★★☆☆☆ 35 Reviews



**Prep Time:** 10 mins **Total Time:** 20 mins **Servings:** 4-6

## About This Recipe

"This is a wonderful side dish for an Asian style entree. Bok choy has a wonderful, crisp texture that is reminiscent of celery. You can easily add shrimp or chicken to make a main dish, but I recommend doubling the sauce if you do so. Simple and yummy:)"



Photo by Derf

## Ingredients

- 1 tablespoon olive oil
- 2 -3 cloves garlic, minced
- 1/4 teaspoon ground ginger
- 1/4 teaspoon ground black pepper
- 4 cups bok choy, thinly sliced
- 1 chicken bouillon cube, dissolved in 1/2 c. water
- 1/4 cup soy sauce
- 1 teaspoon granulated sugar
- 1 tablespoon cornstarch

## Directions

1. Heat oil in saucepan over medium heat.
2. Add garlic, ginger, black pepper, and bok choy.
3. Stir fry about 3 min.
4. In bowl, combine dissolved bouillon and water, soy sauce, sugar, and cornstarch.
5. Whisk well.
6. Add cornstarch mixture to skillet and stir fry until sauce thickens and cabbage is tender, about 3 min.
7. Serve hot.

<b>NUTRITION FACTS</b>		Amount Per Serving	% Daily Value
Serving Size: 1 (64 g)		Total Fat 3.6g	5%
Servings Per Recipe: 4		Saturated Fat 0.5g	2%
Amount Per Serving	% Daily Value	Cholesterol 0.1mg	0%
Calories 67.0		Sugars 2.3 g	
Calories from Fat 33	49%	Sodium 1290.3mg	53%
		Total Carbohydrate 6.2g	2%
		Dietary Fiber 0.9g	3%
		Sugars 2.3 g	9%
		Protein 3.2g	6%

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