



## Sautéed Bok Choy

**Active Time:** 10 minutes | **Total Time:** 10 minutes | **Serves:** 4

### Nutrition Information Per Serving

66.3 calories, 6.06 g carbohydrate, 2.13 g fiber, 3.93 g NET carbs, 3.64 g protein, 3.92 g fat

#### Ingredients

- 3 tsp(s) Coconut Secret Coconut Aminos
- 2 clove(s) organic garlic, chopped
- 1 head organic Bok choy
- 1/3 cup(s) organic chicken broth
- 3 tsp(s) organic toasted sesame oil

#### Preparation

1. Heat sauté pan or wok over high heat.
2. Add broth and garlic, stir-fry until pale golden, 5 to 10 seconds.
3. Add bok choy and stir-fry until leaves wilt, about 2 minutes.
4. Cover with lid and cook, stirring occasionally, until vegetables are crisp-tender, 2 to 4 minutes.
5. Drizzle with sesame oil and coconut aminos, then transfer to a serving dish.

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