

# Recipes using Bok Choy

## 10 Minute Lemon Garlic Bok Choy

Serves 2 to 4, as a side

### Ingredients

1 pound baby bok choy

1 ½ tablespoons extra-virgin olive oil

3 garlic cloves, minced

Pinch crushed red pepper flakes and salt

1 lemon, cut into wedges

### Instructions:

Slice each bok choy into halves or quarters, depending on size. Heat the oil in a skillet over medium heat. Add the garlic and red pepper flakes and saute until fragrant, 30 seconds. Toss in the the boy choy and spread into one layer. Sprinkle with about 1/4 teaspoon of salt then cook, without stirring, until the bottom is starting to turn brown, about 2 minutes. Flip and cook another 2 minutes or until the green leaves have wilted and the white bottoms are soft. Squeeze lemon over top and serve.



# Cold Soba Noodle Salad with Bok Choy

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## Ingredients:

- 1 carrot, peeled and cut into thin matchsticks/shredded
- 2 bunches bok choy, sliced into ribbons
- 1/2 pound dried soba noodles
- 6 scallions, thinly sliced
- 1/2 cucumber, peeled and cut into matchsticks

## Dressing (whisk together):

- 1 tablespoon sesame oil
- 2 tablespoons rice vinegar
- 1 1/2 tablespoons soy sauce
- 1 teaspoon hot sauce (optional)

1. Fill pot with water and bring to a boil. Drop the carrots into the boiling water and blanch for 1 minute and then lift out with a slotted spoon or small strainer. Run the carrots under cold water and set aside in a bowl.
2. Let the water come back to a boil and add the bok choy. Blanch for 1 minute and remove using a slotted spoon or small strainer. Run under cool water and then set aside with the carrots.
3. Let the water come to a boil again and cook the soba noodles according to package instructions. Strain the noodles, run cold water over them, and add to the bowl with the carrots and bok choy. Toss in scallions and cucumbers and then drizzle with dressing and toss again.