

Stir Fry Bok Choy

-1 tablespoon olive oil
-2 cloves garlic, minced
-1 tablespoon minced fresh ginger
-8 cups chopped fresh bok choy
-2 tablespoons reduced--sodium soy sauce
-Salt and ground black pepper

1. Heat oil in a large skillet over medium heat.
2. Add garlic and ginger and cook 1 minute.
3. Add bok Choy and soy sauce cook 3 to 5 minutes, until greens are wilted and stalks are crisp-tender.
4. Season, to taste, with salt and black pepper.

Nutritional Facts:332 Calories, 7g Carbs, 14g Fat, 4g Protein, 2086 Mg Sodium, 2g Sugar