

## **Sauteed Bok Choy**

Serves 4

### INGREDIENTS

½ cup water

1 ½ teaspoon tamari or soy sauce

2 teaspoons avocado or extra virgin olive oil

2 cloves garlic, chopped

1 tablespoon finely minced ginger

1 lb. bok choy

pinch of coarse sea salt

Sesame Seeds, optional for garnish

### PREPARATION INSTRUCTIONS

Whisk water and tamari in a small bowl and set aside.

Heat the oil in a large nonstick pan over high heat.

Add the garlic and ginger and cook just until they begin to sizzle, tilting the pan so the aromatics and the oil get a little bath, all in all just about 30 seconds.

Immediately add the greens along with pinch of salt to the pan and stir to coat greens with garlic and ginger.

Add the reserved soy sauce mixture and cook just until the greens begin to wilt, about 3 minutes. Serve immediately.