

Broccoli and Bok Choy Stir-Fry

A wonderful vegetable stir-fry that is topped with sesame seeds to give it a nice crunch and plenty of flavors.

Prep time: 10 minutes

Cook time: 8 minutes

Makes: 4 servings

Ingredients

- 1/2 cup seasoned rice wine vinegar
- 2 tablespoons less-sodium soy sauce
- 1 teaspoon no-salt seasoning blend
- 2 tablespoons chopped green onions
- 1 tablespoon peeled, minced ginger root
- 1 garlic clove, minced
- 2 teaspoons sesame oil
- 2 1/2 cups broccoli, cut into florets
- 2 1/2 cups bok choy, chopped
- 1 cup snow peas or sugar snap peas
- 2 tablespoons sesame seeds, toasted (optional)



Directions

1. In a small bowl, stir together the vinegar, soy sauce, seasoning blend, green onions, ginger root and garlic. Set the mixture aside.
2. In a large skillet, heat the oil over medium heat. Add the broccoli and stir-fry for 4 minutes. Add the vinegar mixture and bok choy. Stir-fry for 3-5 minutes or until the vegetables are crisp-tender.

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3. Sprinkle the stir fry with sesame seeds and serve.

Nutritional Information

Calories 105; Calories from Fat 44; Total Fat 4.9g; Saturated Fat 0.7g; Cholesterol 0mg; Sodium 457mg; Total Carbohydrates 11.7g; Dietary Fiber 3.7g; Sugars 5.2g; Protein 5.0g; Vitamin A 55%; Vitamin C 148%; Calcium 14%; Iron 13% (Percentages based on a 2000 calorie per day diet)

Source: <http://www.cookingnook.com/bok-choy-recipes.html>