

## **Stir-Fried Sesame Infused Bok Choy**

2 bunches bok choy  
1 Tbsp canola oil  
2 garlic cloves, coarsely chopped  
¼ tsp crushed red pepper  
1 tsp ground ginger  
2 tsp sesame seeds  
1/8 cup water  
1 tsp sesame oil

Wash the baby bok choy and drain. Separate the stalks and leaves. Cut the stalk diagonally and cut the leaves across. Heat canola oil in medium sauté pan or wok. Add garlic cloves and crushed red pepper if using. Add ginger and stir for about 30 seconds. Add bok choy, adding the stalks first, and then the leaves. Stir sesame seeds. Heat for about 1 minute on high. Add water, cover and simmer for about 2 minutes. Stir in sesame oil and serve.

Serves 2.

**Calories 50 Fat 5g Sat Fat 0 Carbohydrate 1g Fiber 1g Protein 1g Sodium 10mg**