

Bok Choy with Carrots and Sesame Orange Dressing

From – *wholefoodsmarket.com*

1 lb bok choy, cut into 1 inch pieces
8 oz shiitake mushrooms, stemmed and sliced
4 medium carrots, shredded
2 Tbsp orange juice
1 Tbsp tahini
1 ½ tsp tamari
½ tsp grated fresh ginger
1 Tbsp toasted sesame seeds

- In a large skillet over medium-high heat, bring 1/2 cup water to a simmer. Add mushrooms. Cover and reduce heat to medium. Cook about 6 minutes or until mushrooms are tender, stirring once halfway through cooking.
- In a large bowl, whisk together orange juice, tahini, tamari and ginger.
- Add bok choy, mushrooms, and carrots and toss to coat. Garnish with sesame seeds.



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