

Sesame Shiitake Bok Choy

From – *eatingwell.com*

1 Tbsp canola oil
3 cloves garlic, chopped
1 2-pound head bok choy, trimmed and thinly sliced
4 cups sliced shiitake mushroom caps, (9 ounces with stems)
2 Tbsp oyster-flavored or oyster sauce
1 Tbsp toasted sesame oil
1/4 tsp salt
1 Tbsp toasted sesame seeds

- Heat oil in a Dutch oven over medium-high heat.
- Add garlic and cook, stirring constantly, until fragrant but not browned, 30 seconds.
- Add bok choy and mushrooms; cook, stirring, until wilted, about 2 minutes.
- Continue cooking, stirring often, until just tender, 3 to 5 minutes more. Stir in oyster sauce, sesame oil and salt.
- Garnish with sesame seeds.



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