

STEAMED BOK CHOY WITH OYSTER SAUCE

INGREDIENTS

2 lbs	Bok Choy (or other greens)
8 cups	Water
1 tbsp	Oyster Sauce
1 tbsp	Peanut Oil
1 tbsp	Vinegar
1 tbsp	Low-Sodium Soy Sauce
2 tbsp	Little Cooking Wine
3 whole	Garlic Cloves (minced)
2 whole	Red Chili (thinly sliced)
	Salt and Pepper to Taste

STEPS

- 1 - In a pot, bring the water to a boil and cook the greens until tender.
- 2 - In a separate pan heat up oil, oyster sauce, soy sauce, vinegar, half of the garlic, and 2 tbsp of the water from the boiling greens.
- 3 - When the greens are tender, drain them and add them to the sauce. Add the thinly sliced red chili, remaining garlic, pinch of salt and pepper to taste. Toss to cover the greens. Serve immediately.



More Fiber
More Vitamins
Less Sodium
Less Sugar

(than common recipes)