

## **Bok Choy in a Simple Peanut Sauce**

(serves 1)

Bok choy is a great stir-fry veggie. Try it with this soy-free sauce.



### **Ingredients**

- 1 baby bok choy
- 1 Tbsp peanut butter
- 1 tsp oil
- 1 tsp flavored vinegar\*
- 1/4 tsp garlic powder
- 1/4 tsp ground ginger
- 1/8 tsp ground cayenne pepper

### **Directions**

1. Wash hands.
2. Wash bok choy and cut into bite-sized pieces, using both the green leaves and white stems. Place a small skillet over medium heat. Add cut bok choy and 1/4 cup water. Cook, stirring occasionally, for 5-10 minutes, or until leaves are tender.
3. In a small bowl, combine peanut butter, oil, vinegar, garlic, ginger, and cayenne pepper until smooth. Pour into skillet and stir to coat bok choy.
4. Serve hot over cooked brown rice, pair with a protein of your choice, and a side of fruit.

\*Try red wine vinegar or balsamic vinegar

**Tip:** For a saucier recipe, double the sauce ingredients.

**Nutrition Facts per serving (without rice, protein, or fruit):** 140 calories, 13g total fat (3g saturated fat), 115mg sodium, 5g carbohydrate, 1g fiber, 4g protein

*The University of Illinois Extension Nutrition & Wellness program encourages individuals, families and communities to live healthier through in-person classes or online. Learn about managing diabetes and heart disease, safely preserving foods, being food-safe at home and making healthier choices when shopping, cooking and meal planning. More information is available at [go.illinois.edu/dmp](http://go.illinois.edu/dmp) or find us on Facebook or Twitter @uie\_DMP*