

Market District Demo Recipes

Side Dish



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Ginger Chile Bok Choy

Serves: 4

Modified from: www.CookingLight.com

Items Needed: skillet, cutting board, chef's knife, measuring spoons

Ingredients:

- 4 teaspoons canola oil
- 1 lb. quartered baby bok choy
- 1 Tablespoon peeled and minced fresh ginger
- 2 sliced, seeded red fresno chiles
- 1 garlic clove, sliced
- 1 Tablespoon mirin (can substitute with 1 Tablespoon rice vinegar + ½ teaspoon sugar)
- 2 Tablespoons chopped, roasted, unsalted peanuts
- ¼ teaspoon kosher salt

Directions:

1. Heat 2 teaspoons canola oil in a skillet over medium-high heat.
2. Add bok choy, cook until browned, about 4 minutes.
3. Reduce the heat to medium, cover and cook until tender, about 3 minutes.
4. Remove bok choy from skillet.
5. Add the remaining 2 teaspoons canola oil, chopped ginger, chile and garlic to the skillet. Cook, stirring often, about 2 minutes.
6. Add mirin, stirring to scrape up browned bits of ginger, chile, and garlic.
7. Return the bok choy to the pan and cook for 2 more minutes.
8. Sprinkle with peanuts and kosher salt.

Nutrition Information (per 2/3 cup serving):

Calories: 68 Fat: 5 g Carbs: 5 g Protein: 2 g Fiber: 1 g Sodium: 211 mg