

**Cleveland County Kitchen**  
**June 2020**  
**Food of the Month – Bok Choy**  
**Recipe – Stir-Fried Bok Choy with Garlic & Ginger**  
**Chef: Daniel Dedmon**



**Ingredients:**

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 tablespoon minced fresh ginger
- 8 cups chopped \*fresh bok choy or baby bok choy
- 2 tablespoons reduced-sodium or regular soy sauce
- Salt and black pepper

**Instructions:**

1. Heat oil in large skillet over medium heat.
2. Add garlic and ginger and cook one minute.
3. \*Add bok choy and soy sauce, cook 3-5 minutes, until stalks are crisp-tender and greens are wilted. (\*Variation: add stalks to pan and cook about 5 minutes; then add greens/leaf strips and cook until wilted)
4. Season to taste with salt and black pepper.

**Made Available by:**

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