

BRAISED BABY BOK CHOY

Prepared in 15 minutes or less plus 1 day to marinate.

- ➡ 1 Tbs vegetable oil
- ➡ 8 heads baby bok choy, trimmed and cut lengthwise
- ➡ ¼ cup chicken stock
- ➡ 3 Tbs low-sodium soy sauce

In a medium saucepan over medium-high heat, add oil.

Add bok choy, and cook, turning once, until just beginning to turn golden, about 2 minutes.

Add stock and soy sauce. Cover; reduce heat to medium, and simmer until bok choy is tender, about 5 minutes.

Transfer bok choy to a serving platter, reserving cooking liquid in skillet.

Cook liquid over medium-high heat until it is reduced by half, 1 to 2 minutes. Pour over bok choy, and serve. Serves 4.

