

## **Bok choy stir fry**

Makes 4 servings

2 Tbsp soy sauce  
2 Tbsp water  
2 tsp sugar  
1 Tbsp canola oil  
1 tsp sesame oil  
1 bunch bok choy  
4 green onions, chopped  
3 cloves garlic, minced  
Crushed red-pepper flakes  
2 Tbsp coarsely chopped peanuts

1. In a small bowl, mix soy sauce, water and sugar; set aside.
2. Cut bok choy ribs and leaves crosswise into 2-inch pieces.
3. In a wok or large, deep skillet, heat canola and sesame oils over medium-high heat. Add bok choy, green onions, garlic, soy sauce mixture and pepper flakes to taste. Stir-fry just until bok choy is wilted, about 3 minutes. Stir in peanuts and serve immediately over rice