

Stir-Fried Baby Bok Choy

<http://userealbutter.com/2011/04/27/stir-fried-bok-choy-recipe/>

1 lb. baby bok choy

2 tbsps vegetable oil (something without flavor – not sesame or olive)

salt to taste

Trim the base of each bok choy bunch and peel away any bad outer leaves. Remove loose leaves from the bunch, but if they're in good shape – save them. Slice the hearts in half. Wash the good loose leaves and hearts in water and drain. Heat 2 tablespoons of vegetable oil in a large sauté pan. When the oil is hot, add all of the bok choy at once. Stir-fry a few minutes and sprinkle salt to taste (like 1/2 teaspoon, but it varies). The bok choy is done when the leaves wilt and turn dark green. The white stalks will soften. It took me about 7 minutes. Remove from heat and serve. Serves four as a side dish.