Zippy Yams and Bok Choy

Source: Recipe by Amy Joy Lanou, PhD

The chili paste, lemon, and garlic give this recipe a delightful zip which is a welcome way to eat nutrient-rich vegetables like yams and bok choy. The bok choy in this recipe is a great source of calcium and folate. If you can’t find the vegetarian Worcestershire sauce, you can skip it and the dish will still be packed with flavor.

About the Recipe

88 Calories · 6 g Protein · 4.8 g Fiber
Lunch · Dinner
Gluten-free · Nut-free

Ingredients

Makes 4 Servings

- 2 yams, cut into bite-size chunks
- 1 onion, quartered and sliced
- 2 cloves garlic, minced
- 1 tbsp (15 mL) vegan Worcestershire sauce
- 1/2 tsp (2.5 mL) Thai chili paste
- 2 heads bok choy, finely sliced
- 1 lemon, juiced

Directions

1. Put yams in a deep skillet and just cover them with water. Cover skillet and boil yams for 5 to 10 minutes, until soft when pierced with a fork.
2. Add onion and garlic and continue to simmer until about half of the water has boiled away.

3. Add vegan Worcestershire sauce, chili paste, and bok choy. Simmer until bok choy is soft.
4. Squeeze lemon juice over the mixture and serve. Add more lemon if desired or save the other half for future use.

Nutrition Facts

Per serving (1/4 of recipe):

Calories: 88

Fat: 0.6 g

Saturated Fat: 0.1 g

Calories From Fat: 6.3%

Cholesterol: 0 mg

Protein: 6 g

Carbohydrate: 17.5 g

Sugar: 7.4 g

Fiber: 4.8 g

Sodium: 172 mg

Calcium: 315 mg

Iron: 3.8 mg

Vitamin C: 91 mg

Beta-Carotene: 12,247 mcg

Vitamin E: 0.6 mg