Sesame Bok Choy

Source: Eat Vegan on $4 a Day by Ellen Jaffe Jones

This recipe includes protein-rich quinoa and can be used either as an entree or as a side dish. Stored in the refrigerator, leftovers will keep for 2 to 3 days.

About the Recipe

Calories · Protein · Fiber
Nut-free

Ingredients

Makes 10 Servings

- 1 tsp toasted sesame oil
- 4 carrots
- 2 green onions
- 6 cloves garlic
- 3 heads bok choy
- 1/2 cup low-sodium vegetable broth
- 2/3 Tbsp reduced-sodium soy sauce
- 1/2 inch ginger
- 1 tsp agave nectar **optional*
- 1 cup quinoa
- 3 Tbsp sesame seeds

Directions

1. Cook the quinoa according to instructions.
2. Heat the oil in a large nonstick skillet over medium heat. Cut the carrots diagonally into 1/4-inch (0.6-cm) slices. Add the carrots, chopped green onions, and minced garlic and cook and stir for 3 minutes.

3. Chop bok choy to make about 6 cups (1 kg). Add the bok choy and cook and stir for 2 minutes.
4. Stir in the vegetable broth, soy sauce, minced ginger, and optional agave nectar (can use maple syrup, if preferred). Decrease the heat to low, cover, and cook for 5 minutes.
5. To serve, spoon over the cooked quinoa. Sprinkle with unsalted, roasted sesame seeds.
6. Tip: Substitute cooked brown rice for the quinoa.