

# 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***

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

## Directions

1. Cook the quinoa according to instructions.&nbsp;
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.&nbsp;

3. Chop bok choy to make about 6 cups (1 kg). Add the bok choy and cook and stir for 2 minutes.&nbsp;
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.&nbsp;