

Bok Choy Recipe

*makes 3 servings

Ingredients

- 1 head of Bok Choy
- 1 heaping spoonful of Minced Garlic
- 1 tbsp Crushed Red Pepper
- 2 tbsp Red Wine Vinegar
- 2 tbsp Soy Sauce
- Salt and Pepper to taste
- 2 tbsp Olive Oil

Cooking Instructions

If you hate veggies, but know you still have to eat them - you've come to the right place.

This recipe is amazing, and a perfect side dish for your favorite protein food.

Combine everything but the bok choy in a large mixing bowl and whisk. You may double the contents of this sauce if you prefer more aggressive seasoning. Next, dredge the bok choy through the sauce and place it into a large baking pan. You may spoon any excess sauce over the bok choy in the pan if you desire. Bake for 20 minutes on 350 degrees, and enjoy!