

Bok Choy and Garlic Vegetable Skillet



Ingredients:

- 4 TBS extra virgin olive oil
- 3 cups baby bok choy quartered lengthwise. (can substitute with cabbage or Brussels sprouts)
- 1 cup trimmed snow peas
- ¼ tsp freshly ground black pepper
- ½ tsp salt
- ¼ cup freshly squeezed lemon juice
- 1 carrot, cut into thin strips
- 3 cloves garlic, thinly sliced
- 1 medium red bell pepper, cut into thin strips

Directions:

1. Heat 2 TBS of the olive oil in a large non-stick skillet over medium-high heat.
2. Add the bok choy and cook, stirring often, for 5 to 6 minutes or until lightly browned and crisp-tender. Transfer to plate.
3. Heat 1 TBS of the olive oil and add the bell pepper, carrot, and garlic. Cook for 1-2 minutes, or until the garlic begins to brown.
4. Add the snow peas and cook for 1 minute longer or until the snow peas begin to turn bright green.
5. Add the bok choy, lemon juice, salt, pepper and remaining TBS of olive oil and cook for 1 minute until the bok choy is heated through.

Nutrition Facts

Amount per serving:

Calories	161
Total Carbs	9.16 g
Total Fat	14.15 g
Protein	2.18 g