

Garlic Scape & Bok Choy



Ingredients

- 1 T. vegetable oil
- 3 garlic scapes, cut into 1" pieces
- 1 T. minced fresh ginger
- Salt & Pepper
- 2 bok choy, halved lengthwise, then cut into 1" pieces
- ¼ c. lightly toasted cashews
- 1 cup water (approximate)

Preparation

1. Heat the oil in a skillet over medium-high heat.
2. Add the garlic scapes and ginger and stir-fry 1 minute, until fragrant.
3. Add the bok choy, and stir a few times as it tenders and browns, about 2 minutes.
4. Add enough water to cover— about a cup. Sprinkle in salt and pepper.
5. Cover, reduce heat, and simmer until tender, about 5 minutes.
6. While that's simmering, heat a nonstick pan over medium heat, and lightly toast cashews. Serve bok choy topped with cashews.



<https://tinyurl.com/8bwt929f>



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