Roasted Bok Choy

Serving Size: ¾ Cup | Servings per Recipe: 4 | Heart Healthy

15 min

INGREDIENTS

- 1½ lbs bok choy, halved
- 2 garlic cloves, minced
- 2 tbsp low-sodium soy sauce
- 1 tsp red pepper flakes
- Cooking spray or 1 tbsp oil

DIRECTIONS

- Preheat oven to 450°F.
- In a small bowl, mix garlic, soy sauce, and red pepper flakes.
- Place bok choy on a baking sheet and lightly coat with oil or spray.
- Pour sauce over bok choy.
- Roast 7–10 minutes, until stems are tender.

Calories per serving: 62 | 4 g total fat | 6 g total carbohydrates | 290 mg sodium | 4 g protein

SECOND HARVEST FOOD BANK of MIDDLE TENNESSEE
Feeding Hope