

The Healthy Cook

Tender, mild baby bok choy is delicious when quickly stir-fried or steamed. Drizzle this flavor-packed dressing over halved, steamed heads of baby bok choy.

Sesame Miso Bok Choy

 SERVES 4

- 1 lb. baby bok choy, halved
- 1 Tbs. miso paste
- 1 Tbs. water
- 1 tsp. rice vinegar
- ½ tsp. toasted sesame oil
- ½ tsp. honey
- 1 Tbs. sesame seeds

1. Steam bok choy, 1-2 minutes.
2. In a small bowl, whisk together the miso, water, vinegar, oil, and honey. Spoon over the bok choy.
3. Top with the sesame seeds.



PER SERVING (¾ cups): calories 45 | total fat 2 g | sat fat 0 g | carbs 5 g | fiber 1 g | total sugar 3 g | added sugar 1 g
protein 2 g | sodium 200 mg