**Bok Choy with Spicy Garlic Sauce**

**Produce**  
garlic*(if needed)*

one yellow onion *(if needed)*

1 fresh red bell pepper *(if needed)*

one bunch adult bok choy

one medium carrot

1 lime

1 orange

**Canned/Dried Food**

brown rice *(if needed)*

one 6 oz. can sliced water chestnuts

one 32 oz. box low-sodium vegetable broth

sesame oil *(if needed)*

canola oil *(if needed)*

low-sodium soy sauce *(if needed)*

Asian garlic/chili sauce *(if needed)*

Rice wine vinegar *(if needed)*

white wine to cook with *(if needed)*

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

one package baked Asian-style tofu *(if needed)*