Crunchy Bok Choy Stir-fry

One of my favorite vegetables joins the multilayered crunch brigade that parades across your pallet tonight. Crisp bok choy and sliced water chestnuts are supported by toasted slivered almonds in a crunchy explosion of flavor-loaded stir-fry.

Bok choy is a significant member of the regiment of cruciferous vegetables standing by to protect your health.

Preparation time: 40 minutes - Servings: 2 (plus leftovers)

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients on small plates so they are ready to add as you need them.
Prep 2 cloves of chopped garlic: 1 for the mushrooms and 1 for the Stir-fry.

Brown Rice

1 C. uncooked brown rice
combined with
2-1/4 C. water
and
1⁄4 C. nonfat milk
mixed with
1 tsp. coconut extract

Bok Choy Stir-fry

1 tsp. sesame oil
10 cremini mushrooms (sliced)
1 clove garlic (smashed and chopped)
Stir-fry:
1 tsp. sesame oil
1 clove garlic (smashed and chopped)
1 C. thin-sliced yellow onion (1/8" thin slices)
2 tsp. low-sodium soy sauce
1 C. low-sodium vegetable broth
1/2 C. white wine
2 T. rice wine vinegar
1⁄2 tsp. Asian pepper sauce
1/4 tsp. grated ginger
2 T. cornstarch
dissolved in
1/2 C. water

3 bunches baby bok choy (washed, leaves and stems chopped separately)
2/3 C. red bell pepper (seeded, and thin-sliced)

1/4 C. fresh cilantro leaves (chopped)
one 6 oz. can sliced water chestnuts (drained)

Plant-based Choice or Optional Chicken

Plant-based Choice

2 squares Marinated Grilled Tofu

(Or 1 package baked Asian tofu)

Optional Chicken

1 tsp. canola oil
1 boneless, skinless chicken breast
1/2 C. white wine

Garnish and Finish

1/2 C. slivered almonds (toasted)
Juice from 1/2 of a lime

1 Sumo Mandarin Orange

Put Rice on to Cook!

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Start by cooking rice: once rice, water, milk and extract are boiling, reduce heat to medium-low, cover and cook 25 minutes.
Be sure to toast the almonds and peel and slice the kiwi as part of your prep. You'll want to have the almonds and fruit ready for a garnish so you can quickly serve the meal. A quick plating will preserve the crispy nature of this stir-fry.

Plant-based Choice or Optional Chicken

Plant-based Choice:
Use 2 pieces Grilled Tofu from fridge or break up 2 squares of Commercial Flavored/Baked Tofu.

Optional Chicken:
Brown chicken breast in oil in a small sauté pan. Add white wine, cover pan and cook 5-minutes per side over medium-low heat. Remove from heat, let cool and slice before adding to the stir-fry.

Bok Choy Stir-fry

Mushrooms

1. Using a large, deep sauté pan or wok, brown mushrooms in oil. Add 1 clove of the chopped garlic and toss until garlic becomes fragrant. Remove from pan and set aside.

Stir-fry

2. Using the same pan, toss remaining clove chopped garlic in oil until garlic starts to sizzle. Add onions, soy sauce, broth , wine, vinegar, pepper sauce and ginger. Bring to a hard boil.
3. Turn heat to medium and thicken with cornstarch mixture. Reduce heat to low and cook 5 minutes, stirring occasionally.
4. Add bok choy stems, red peppers , cilantro and water chestnuts to sauce. Return to a boil and toss 2 minutes. Remove form heat and add browned mushrooms, Chick'n (or option) and chopped bok choy leaves. Toss well and remove from heat.

Plate the Meal

1. Shape 2/3 C. rice per serving in a small bowl or soup ladle and drop in the center of each serving plate.
2. Surround with 1-1/2 C. stir-fry and sprinkle each serving with 3 T. toasted almonds and a drizzle of lime juice. Line the edge of the plate with sectioned Sumo Mandarin orange.

You'll have leftover stir-fry and almonds. Save them for Friday's meal.

What I've Learned from this Recipe

Cruciferous vegetables like bok choy have sulforaphanes that help reduce inflammation by encouraging the liver to detoxify. Most anti-inflammatory foods contain antioxidants and bok choy has a special antioxidant called indole-3-carbinole.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com