

10 Minute Lemon Garlic Sauteed Bok Choy from inspiredtaste.net

1 pound baby bok choy
1 1/2 tablespoons extra-virgin olive oil
3 garlic cloves, minced
Pinch crushed red pepper flakes
Sea salt
Half of a lemon, cut into wedges

Remove any discolored outer stalks of the bok choy and discard them (or save for stock later). Place the bok choy into a colander and rinse with cool water, rubbing any grit or dirt from between the leaves. Trim the ends then slice each bok choy in half lengthwise. Or if they are large, cut them into quarters. Pat dry.

Add the oil, garlic and red pepper flakes to a wide room-temperature skillet. Place over medium heat and cook, stirring occasionally, until the oil begins to bubble around the garlic, but before the garlic starts to turn light brown.

Toss in the bok choy and spread into one layer. Sprinkle with about 1/4 teaspoon of salt then cook, without stirring, until the bottom is starting to turn brown, about 2 minutes.

Flip then cook for another 2 minutes or until the green leaves have wilted and the white bottoms are beginning to soften, but still have some crunch.

Transfer to a platter then squeeze 2 lemon wedges on top. A teaspoon or so of olive oil is nice, too. Serve with more lemon wedges on the side.