

Cinnamon Scented Bok Choy

This is one of my husband's favorite recipes, he loves cinnamon and I love bok choy. The subtle flavour of cinnamon blending together with bok choy is a truly perfect union. The second best thing about this dish is that it really takes minutes to make. You can serve this as a side dish or a main dish. Make it more substantial by adding pre-cooked chicken to a pan along with bok choy.

SERVES 2

INGREDIENTS

- 1 pound Bok Choy (450 grams)
- 1 tsp olive oil or canola oil
- 1 tbsp soya sauce light
- 1 tbsp seasoned rice wine vinegar
- 2 tbsp of brown sugar
- 2 tsp cornstarch
- ¼ tsp ground cinnamon
- 1 tbsp toasted slivered almonds

Cut the ends of the bok choy and cut it once diagonally. Put it in a cold water bath. Combine soya sauce, rice vinegar, brown sugar, cornstarch and cinnamon. Make sure cornstarch is well dissolved.

Heat a non-stick pan to medium heat, pour in oil, turn down to medium-low and place the wet bok choy in the pan. The water will help to wilt the bok choy. Place a lid on the pan and cook it down for 3 minutes or until bok choy wilts slightly and reduces in size.

Add sauce to the pan, mix it in and cook the mixture for a minute longer so the sauce comes to boil. Voila, ready to serve!

TIP DU JOUR:

Wash the bok choy really well; there can be a lot of dirt inside between the leaves, similarly to a leek. Cut the end of each bok choy and slice each one in half diagonally. Put them in a large bowl with cold water. Do several water baths before starting to cook.

When cooking bok choy, keep in mind that its volume will shrink approximately in half, similarly when cooking spinach.

Data per serving.

Calories	130	Sodium	451mg
Protein	5g	Cholesterol	0
Total Fat	5g	Fiber	3g
Carbohydrates	19g		

Nutritional data compiled from the United States Department of Agriculture National Nutrient Database. Reliance on the information shall be at your sole risk.

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