



Sautéed Asian Greens

With Simple Cesear Dressing

WHICH GREENS?

Asian Greens, including Napa cabbage, baby bok choy, bok choy, and tatsoi can all be used interchangeably in any recipe.

You can also use spinach, turnip greens, radish greens or romaine.

SIMPLE CESEAR

- 1/3 cup mayonnaise
- 1 clove garlic, grated on a microplane or finely chopped
- 2 T. grated parmesan cheese
- 2 T. freshly squeezed lemon juice
- 1-2 t. Worcestershire sauce
- Salt and freshly ground pepper to taste
- Optional: 1-2 t. finely grated lemon peel
- 1-2 t. honey

Mix all ingredients in a jar with a lid. Shake well to mix. Add a bit of water to thin, if necessary. Serve over baby romaine with additional parmesan and freshly ground pepper.

SAUTEED GREENS

INGREDIENTS

- 2 T. avocado or olive oil
- 4 cloves garlic, finely chopped (not crushed)
- 1 bunch of baby bok choy and one full size bok choy, chopped
- 2 T. oyster sauce or soy sauce
- 1/4 c. apple juice
- A dash of crushed red pepper (more if you like it spicy)

DIRECTIONS

Warm the oil in a large skillet and add the garlic; saute until fragrant.

Add 1/4 cup of apple juice and the oyster or soy sauce to the pan and bring to a boil.

Add the greens and crushed red pepper and cover with a lid.

Braise for 3-5 minutes, or until they are wilted and cooked to your liking.

Remove the lid and continue to cook until the sauce thickens slightly. Serve with Sriracha if desired..

