

Garlicky Spring Vegetable Stir Fry

Makes 4 to 6 servings

Garlic scapes have a milder, sweeter flavor than garlic cloves. You can make this stir fry with any vegetables you have, but bok choy and mushrooms are a great combination. Your child can help by mixing the sauce.

Ingredients

Sauce

- 3 tablespoons low sodium soy sauce or tamari
- 1 tablespoon maple syrup or honey
- 1 tablespoon rice wine vinegar or lime juice
- 1 teaspoon sesame oil

Stir fry

- 1 tablespoon olive or vegetable oil
- 1 inch piece fresh ginger, peeled and finely chopped
- 1 small red chile, thinly sliced (optional)
- ½ pound garlic scapes, cut into ½-inch pieces
- 6 ounces shitake mushrooms, thinly sliced
- 1 pound bok choy, cleaned and cut into 1-inch pieces
- 2 tablespoons sesame seeds (optional)

Directions

1. *Make the sauce:* Add all the sauce ingredients and 1 tablespoon water to a small bowl. Whisk well and set aside.
2. Heat 1 tablespoon of oil in a large pan or skillet set over medium high heat. Add the garlic scapes and cook for about 2 minutes. Add the ginger and chile (if using) and cook until fragrant, about 1 minute.
3. Turn the heat to medium-high. Add the mushrooms and cook until softened, about 5 minutes. Add the bok choy and cook until tender, about 3 minutes.
4. Add the sauce, mix well, and cook for 1 more minute, then sprinkle on the sesame seeds (if using). Serve warm with brown rice.



Photo: Omnivore's Cookbook

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