SAUTÉED BABY BOK CHOY
adapted from theforkedspoon.com

Yield: 5 side dish servings
Prep Time: 5 minutes
Cook Time: 10 minutes
Storage: refrigerate up to 3 - 4 days

Ingredients
1 tablespoon oil of choice
4 - 5 cloves garlic, minced
2 large shallots, minced
2 pounds baby boy choy, halved and rinsed well (quarter them if they are on the larger side)
1 1/2 tablespoon coconut aminos, or to taste
Generous pinch of sea salt, or to taste
1 teaspoon toasted sesame oil
1/2 teaspoon crushed red pepper, or to taste

Directions
1. Heat a large skillet over medium-high heat. Add the oil and swirl to coat the entire surface of the pan.
2. Add the garlic and shallots. Sauté for about 1 - 2 minutes, or until fragrant and lightly browned.
3. Add the bok choy, coconut aminos, and salt. Toss the vegetables to coat evenly. Place a lid onto the pan and cook for about 1 - 2 minutes, then uncover and toss again, and then put the lid back on and continue to cook until the bok choy is cooked to desired doneness, about 3 - 5 minutes more.
4. Take off the heat and add the sesame oil and red pepper flakes. Lightly toss to coat and it’s ready to serve!