

## **Best Bok Choy Saute**

### **Ingredients:**

1 lb bok choy, chopped (or any other greens such as collard greens, kale, swiss chard or beet greens)

1 TBSP extra virgin olive oil

3 TBSP water

1 clove minced garlic

1 tsp apple cider vinegar

2 tsp tamari

Drizzle of toasted sesame oil

Celtic Sea Salt & Ground pepper to taste

1 tsp minced ginger (optional)

1 TBSP Toasted sesame seeds (optional)

### **Method:**

Heat water and olive oil in ceramic skillet.

Saute garlic for a minute then add bok choy, apple cider vinegar and tamari and cover, stirring occasionally until warmed & wilted (just about 3 or 4 minutes – not too long!).

Remove from heat, drizzle with sesame oil and toss with salt & pepper and the optional ingredients if you wish.

This is super tasty and a great way to add a beneficial alkalizing food to your diet. Enjoy!