

# Broccoli and Bok Choy Stir-Fry

***A wonderful vegetable stir-fry topped with sesame seeds for a nice crunch and plenty of flavor.***

**Prep time:** 10 minutes

**Cook time:** 8 minutes

**Makes:** 4 servings

## **Ingredients:**

- 1/2 cup seasoned rice wine vinegar
- 2 tablespoons less-sodium soy sauce
- 1 teaspoon no-salt seasoning blend
- 2 tablespoons chopped green onions
- 1 tablespoon peeled, minced ginger root
- 1 garlic clove, minced
- 2 teaspoons sesame oil
- 2 1/2 cups broccoli, cut into florets
- 2 1/2 cups bok choy, chopped
- 1 cup snow peas or sugar snap peas
- 2 tablespoons sesame seeds, toasted (optional)



## **Directions:**

In a small bowl, stir together the vinegar, soy sauce, seasoning blend, green onions, ginger root and garlic. Set the mixture aside. In a large skillet, heat the oil over medium heat. Add the broccoli and stir-fry for 4 minutes. Add the vinegar mixture and bok choy. Stir-fry for 3-5 minutes or until the vegetables are crisp-tender. Sprinkle the stir fry with sesame seeds and serve.

## **Nutritional Information:**

- **Calories:** 105
- **Calories from Fat:** 44
- **Total Fat:** 4.9g
- **Saturated Fat:** 0.7g
- **Cholesterol:** 0mg
- **Sodium:** 457mg
- **Total Carbohydrates:** 11.7g
- **Dietary Fiber:** 3.7g
- **Sugars:** 5.2g
- **Protein:** 5.0g
- **Vitamin A:** 55%
- **Vitamin C:** 148%
- **Calcium:** 14%
- **Iron:** 13%
- (Percentages based on a 2000 calorie per day diet)



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Source: <http://www.cookingnook.com/bok-choy-recipes.html>



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