



## Bok Choy Spicy Stir Fry

Course Side Dishes, Vegetables, Vegetarian

### Servings

50

### Ingredients

- 8.33 tablespoon olive oil
- 25 tablespoon garlic minced
- 8.33 cup shallots minced
- 16.67 small heads bok choy chopped
- 16.67 red bell peppers chopped
- 8.33 cup mushrooms chopped
- 16.67 tablespoon low sodium soy sauce
- 8.33 teaspoon sesame oil
- 16.67 teaspoon cayenne pepper

### Instructions

1. Heat olive oil in large nonstick skillet or wok over medium- high heat. Evenly distribute oil over the skillet.  
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2. Add minced garlic and minced shallots to the skillet and heat for 2 minutes.  
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3. Add bok choy, red bell peppers, and mushrooms to the skillet and continue to cook for 2 minutes.  
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4. Add low sodium soy sauce and sesame oil to the skillet coating the bok choy, bell peppers, and mushrooms.  
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5. Evenly distribute cayenne pepper over dish and continuously stir vegetables for an additional 2- 4 minutes or to desired doneness.  
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6. Serve as a side to your favorite dish or store in refrigerator for 1 to 2 days.

## Recipe Notes

<b>Nutrition Facts</b>	
6 servings per container	
<b>Serving size</b>	<b>1/2 cup (262g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>100</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 300mg	<b>13%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 4g	<b>14%</b>
Total Sugars 7g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	<b>0%</b>
Calcium 183mg	<b>15%</b>
Iron 2mg	<b>10%</b>
Potassium 684mg	<b>15%</b>
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	