

# BRAISED BOK CHOY WITH SESAME SEEDS

## INGREDIENTS

- + 1 ½ lbs. baby bok choy, sliced in half
- + 1 tbsp. fresh ginger, minced
- + 1 ½ tbsp. fresh garlic cloves, crushed
- + ½ cup water
- + ¼ cup orange juice
- + ½ tsp. orange zest
- + 1 ½ tsp. sesame oil
- + 2 ½ tsp. toasted sesame seeds

SERVES  
6

## DIRECTIONS

01. In large sauté pan, bring water, orange juice, ginger, and garlic to a boil. Add bok choy. Cover tightly to steam for 2-3 minutes until tender.
02. Drain bok choy and reserve cooking liquid. Cool vegetables. Toss bok choy with orange zest, sesame oil, sesame seeds, and reserved cooking liquid.

*For an EXOS-approved balanced meal, pair with sautéed salmon and baked sweet potatoes.*

### Nutrition Info (per ½ cup serving)

Calories 40; Fat 2g; Sodium 80mg; Carbohydrate 5g; Fiber 1g; Protein 2g

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