

Sesame Bok Choy Noodle Bowls

THE JAMES
Mobile
Education
Kitchen

Heart Health

Items Needed: cutting board, knife, measuring cups, soup pot, mixing spoon

Serves: 4

Ingredients:

- 1 bok choy
- 32 oz vegetable stock
- 2 green onions
- 1 tsp sesame oil
- 1 tsp olive oil
- 1 Tbsp Soy Sauce
- 1/3 block of tofu
- 3 cloves garlic
- 1/2 inch of ginger grated
- 1 tbsp sweet chili sauce
- 8 oz noodles (your choice: soba, ramen, udon, brown rice. . .)
- Sesame seeds



Other Add ins:

Mushrooms, chili paste (for heat),

Directions:

1. Gather your ingredients and break down the bok choy like celery, into its individual ribs. Slice crosswise into slivers. Slice green onions, mince garlic, grate ginger.
2. Press extra water out of your tofu and slice into small cubes and set aside.
3. Place a saucepot over medium high heat, add oil and allow to come to temp.
4. Add onions, ginger and garlic, and saute until translucent. Add bok choy and saute until starting to cook through.
5. Deglaze with soy sauce, add chili sauce and vegetable stock. Let come to a boil and reduce to a simmer.



6. Allow to simmer approximately 10 minutes and let the flavors marry together. Add noodles or prepare if cooking from dry. Add the tofu and bring all ingredients up to temperature.
7. Ladle out noodles and broth into bowls and add some toasted sesame seeds to finish.

Nutrition Information (per ¼ recipe):

Calories: 129 Fat: 3.8 g Carbs: 19.5 g Protein: 8 g Fiber: 3.6 g Sodium: 533 mg

<https://wexnermedical.osu.edu/nutrition-services>

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