



FARMSTAND STIR FRY VEGETABLES

Serves 2

Garlic Scapes or sometimes called Green Garlic is the green stem that grows out of the bulb of the garlic- the flavor is milder than the bulb of garlic.

3 tablespoons olive oil
1 bunch Chinese Broccoli
1 garlic scape, stem trimmed and peeled
1 bunch baby bok choy
1 teaspoon sesame oil
2 teaspoons soy sauce
Salt and pepper to taste
Cooked rice

Cut the broccoli into 1-inch pieces. Slice the garlic scapes on the diagonal into 1-inch pieces. Dice the bok choy in 1-inch pieces.

Heat a wok or large frying pan over high heat. Swirl in oil, add the garlic scape, and cook for 3-5 minutes. Add the broccoli; cook 2-3 minutes or until tender. Toss in the bok choy and cook the vegetable mixture 2-3 minutes. Pour in the sesame oil and soy sauce and toss. Salt and pepper to taste. Serve over cooked rice.

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