ROASTED BOK CHOY, MUSHROOMS AND PEPPERS

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KITCHEN

One of my favorite ways to prepare bok choy is to roast it. It's fast and easy, and the cooking process brings out the lightly nutty, earthy flavor in this vegetable. The mushrooms and peppers are great compliments to the bok choy but feel free to use any of your other favorite veggies, or even just the bok choy on its own – the recipe is quite versatile.

Fully grown bok choy can also be used. Simply cut the leaves and stalk into large pieces and roast until tender-crisp and lightly browned.

photo: Love + Craft Kitchen

Makes: 4 servings

INGREDIENTS

1 – 1 ½ pounds baby bok choy (about 6), halved lengthwise, washed thoroughly, patted dry
8 ounces sliced button or oyster mushrooms
1 medium red, yellow or orange bell pepper, sliced
2 tablespoons olive oil
2 tablespoons tamari, soy sauce or coconut aminos
1 tablespoon balsamic vinegar
1 clove garlic, minced
1 ½ teaspoons honey
1 teaspoon minced or grated ginger (fresh or from a jar)
1/8 teaspoon red pepper flakes, optional

DIRECTIONS

1. Preheat oven to 400°F. Line a large rimmed baking sheet with foil or parchment paper, and spray lightly with cooking spray.

2. Place the bok choy, mushrooms and peppers into a large mixing bowl. Drizzle the oil over top and gently toss to coat. Spread the vegetables out on the prepared baking sheet. Place the pan into the oven and roast for 10 minutes.

3. In the meantime, whisk together the tamari or soy sauce, vinegar, garlic, honey, ginger and red pepper flakes (if using) in a small mixing bowl. After 10 minutes of roasting, remove the pan from the oven and spoon the seasoning mixture over top of vegetables, distributing evenly. Return the pan to the oven and continue roasting for another 10 - 15 minutes. Vegetables should be soft and lightly brown, bok choy leaves slightly crispy on the edges.

4. Transfer to a serving platter or bowl and serve immediately.