Honey Sesame Bok Choy & Mushrooms

6 ingredients · 15 minutes · 4 servings

Directions

1. In a large saucepan, heat oil and honey over medium-high heat. Add mushrooms and bok choy. Cook for 5 to 8 minutes or until tender.
2. Season with salt and sesame seeds to your preference. Divide between plates and enjoy!

Notes

No Honey
Use maple syrup, coconut sugar or brown sugar.

Leftovers
Refrigerate in an airtight container for up to 4 days.

Serving Size
One serving is equal to approximately 3/4 cup of mushrooms and 1.5 cups of bok choy.

Ingredients

2 tbsps Sesame Oil

1 1/2 tsps Raw Honey

4 cups Mushrooms (halved or quartered)

8 cups Bok Choy (baby, halved)

1/2 tsp Sesame Seeds

1/4 tsp Sea Salt