



# SAUTÉED BOK CHOY & TURNIPS

4-6 SERVINGS

## INGREDIENTS

- 1 bunch salad (hakurei) turnips, tops trimmed and cut into 1/4-inch thick wedges
  - OR other turnips, peeled
- 1 ½ lbs baby bok choy, halved lengthwise
  - OR 1 large head bok choy, stems chopped on a diagonal into ¾" pieces and leaves chopped
- 1 red bell pepper, chopped
- 1 Tbsp olive oil or butter
- 2 Tbsp minced fresh ginger
  - OR 2 tsp ground ginger
- 1 Tbsp minced garlic
- 1 hot pepper, thinly sliced (optional)
- 1 tsp toasted sesame oil (optional)

## DIRECTIONS

1. Heat oil/butter in a large skillet over medium heat.
2. Add ginger and garlic; cook, stirring constantly, until fragrant, about 1 minute.
3. Add bok choy, turnips, bell pepper, hot pepper (if using), 2 Tbsp of water, and a big pinch of salt. Cook, stirring frequently, until the bok choy and turnips are tender, 5 to 7 minutes.
4. Season to taste. Drizzle with sesame oil before serving (if using).

● Vegetarian ● Vegan ● Gluten-free ● Dairy-free

# APPLE-BERRY SAUCE

4 CUPS

## INGREDIENTS

- 16 ounce container or 4 cups strawberries (fresh or frozen), rinsed and de-stemmed
- 4 apples, peeled
- 1-2 tsp lemon juice (optional)
- 1 Tbsp honey or sugar (optional)

## DIRECTIONS

1. Roughly dice apples and strawberries to be about the same size.
2. Add to a pot with 1 cup of water and heat over high to bring to a boil. Then lower heat to medium-low and simmer for 30 minutes.
3. Use a slotted spoon to carefully drain any excess liquid into a bowl or cup (chill and drink excess liquid as juice!).
4. Immersion blend or blend fruit until smooth.
5. Add sweetener and lemon juice to taste.
6. Serve on its own, on pancakes or waffles, on yogurt, with oatmeal, or with roast chicken/turkey.

**TIP:** make a big batch and freeze it in airtight plastic containers or bags.

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# STIR-FRY IMPROV

4-6 SERVINGS

## INGREDIENTS

- 2 Tbsp oil
- 1 onion
- Any 2-5 vegetables or greens of choice/ whatever is in the fridge
- 3-4 cloves of garlic, minced
- 2 cups of a grain of choice/whatever is in the cabinet
  - try rice, quinoa, farro, barley, grits, etc
- Spices of choice
  - try ginger, 5-spice, curry, harissa, etc
- 2-3 Tbsp soy sauce (GF if needed)
- Vinegar
- 1-2 Tbsp sugar, maple syrup, molasses, or honey
- Sriracha hot sauce (optional)

## DIRECTIONS

1. Start cooking grains as per their instructions.
2. Chop ALL vegetables (including onion but not the garlic) to the roughly the same size (big chunks or smaller slices/medallions, based on your preference). Keep separated.
3. Heat a large pan or wok over medium heat. Add oil and chopped onion. Stir occasionally until just starting to brown and soften, 3-5 minutes)
4. Add any longer cooking vegetables (such as celery, carrots, cabbage, broccoli, cauliflower, collards, turnips, etc). Stir occasionally until just starting to brown and soften, 5-10 minutes.
5. Add quicker cooking vegetables and greens (such as mushrooms, fennel, snap peas/snow peas, kale, chard, bell peppers, green beans, zucchini, etc). Add a pinch of salt, pepper to taste, and garlic. Stir frequently until garlic is browning, about 3 minutes.

6. Add spices of choice and stir constantly until fragrant, about 1 minute.
7. 'Deglaze' pan with a splash of vinegar or water. Stir and scrape any browned bits off the bottom of the pan.
8. Add sweetener of choice and soy sauce. Stir and simmer until vegetables are cooked to your liking and the sauce is a consistency you like (add a little water if not saucy enough, add a sprinkle of potato starch or cornstarch if too thin).
9. Season to taste with more soy sauce, salt, and pepper. Serve over the grain with a drizzle of sriracha (if you like).

**TIP: add marinated tofu, shrimp, or meat** (cut to the same size as the vegetables) to the pan before the onion. Cook without stirring until brown on one side and releases easily from the pan, then add the onion, flip sides, and continue with the remaining steps.

**TIP:** experiment with **timing** of adding vegetables, using a lid to **strategically steam**, or even **pre-cooking** some vegetables by blanching or "micro-steaming" (covered with a wet towel in the microwave) to master the art of stir-fry. In China, meats are browned and vegetables are cooked just to 断生 ("break the rawness"). Some prefer it **saucier** (don't just keep adding soy sauce though, water mixed with a little cornstarch does wonders).

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