

Double Sesame Bok Choy

from *Greens Glorious Greens!* by Johanna Albi & Catherine Walthers

- 1 large head bok choy
- 2 teaspoons light sesame, canola, or corn oil
- 2 teaspoons toasted (dark) sesame oil, or to taste
- 2 teaspoons tamari (naturally brewed soy sauce)
- 1 teaspoon rice vinegar (optional)
- 1 tablespoon toasted sesame seeds

1. Wash bok choy and cut the leaves away from the stalks. Cut stalks into 1/3 to 1/2-inch pieces and set aside. Place the leaves on top of the other, roll up, and slice into 1/2-inch strips. Cut in half if they are too long. Set aside.
2. Heat a large wok over high heat. Add the oil and swirl in wok to coat sides. Do not burn the oil. Add the sliced leaf stalks and leaves and stir-fry over high heat to coat with the oil. Cover from about 30 seconds to create some steam. Check greens and stir-fry until bright green and crisp-tender, 2 to 3 minutes. Add 1 tablespoons water, if necessary, to prevent sticking.
3. When greens are done, season with the toasted sesame oil, tamari, and rice vinegar, if using. Garnish with toasted seeds.