



Bok Choy Skillet Supper

Yield: 6 servings

Ingredients

- 8 ounces button mushrooms, sliced
- 1 cup chopped onion
- 1 pineapple, sliced and cut into 2 inch pieces
- 1 cup bulgur
- 1 ½ cups vegetable stock
- 1 teaspoon dried thyme
- ½ teaspoon kosher salt
- ¼ teaspoon ground black pepper
- 3 baby bok choy, quartered lengthwise
- 1 ½ cups halved cherry tomatoes

Instructions

1. Add to a large skillet: mushrooms, onion, pineapple, bulgar, stock, thyme, salt and black pepper.
2. Heat over medium-high heat until it reaches a simmer. Reduce the heat, cover and cook for 10 minutes.
2. Stir and cook 5 more minutes.
3. Arrange bok choy quarters on top, with the leaves pointed outward (like spokes in a wheel).
4. Place the tomato halves in-between the bok choy.
5. Cover and continue to cook for 10 minutes.

Nutrition Information

Serving Size: 1 cup
Calories: 171
Total Fat: 0.7 g
Saturated Fat: 0.1 g
Monounsaturated Fat: 0.1 g
Polyunsaturated Fat: 0.3 g
Protein: 6 g
Carbohydrate: 37 g
Sugars: 7.8 g
Dietary Fiber: 6.8 g
Sodium: 208 mg

Source: Adapted from vegetariantimes.com



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