



## **Bok Choy with Cashews 'n Carrots**

...Taste the goodness!

- *from Denise's Kitchen*

### **Ingredients:**

- 1 pound of organic bok choy, chopped
- 2 organic carrots, shaved into thin slices
- 1 organic onion, chopped
- 1 tbsp of minced organic garlic
- 3 tbsp of extra virgin coconut oil (or other)
- 2 tbsp of sesame oil
- 1 cup of chopped organic cashews (salted ok)
- Sea salt, to taste
- 4-6 servings of your favorite organic rice

### **Directions:**

This dish cooks in less than 10 minutes, so have your rice ready in time! Saute the garlic, onion, bok choy & carrot in the coconut oil over medium heat in a large skillet. Blend in the sesame oil & sea salt, then cover and cook until the bok choy is slightly wilted (about 5 minutes or so). Add the cashews, stir and serve over prepared rice. Makes a healthy & delicious main course meal for 3 to 4 people.

Hint: To enhance the flavor of the rice, I substitute organic vegetable broth for the water.