

Mushroom and Bok Choy Stir Fry

Yield: 2 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/bok-choy-and-mushrooms-chinese-recipe>

Ingredients:

- 1 pound shanghai bok choy rinsed and separate the leaves from the stems
- 1/2 pound oyster mushrooms king, or king trumpet mushrooms, sliced and pat dry
- 2 cloves garlic sliced
- 3 tablespoons olive oil
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 1 teaspoon potato starch
- 2 tablespoons water

Nutrition:

1. Calories: 260 calories
2. Carbohydrate: 14 grams
3. Fat: 20 grams
4. Fiber: 5 grams
5. Protein: 8 grams
6. SaturatedFat: 3 grams
7. Sodium: 1350 milligrams
8. Sugar: 3 grams

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