

Universal Chinese Greens

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/spicy-chinese-greens-recipe>

Ingredients:

- 2/3 pound choy sum or other Chinese leafy green
- 3 cloves garlic minced
- 2 teaspoons light soy sauce
- 1 2/3 tablespoons ginger finely chopped or cut into slivers
- 1 teaspoon sugar
- 1 teaspoon sesame oil optional
- 2 teaspoons peanut oil or other neutral, high smoke-point oil

Nutrition:

1. Calories: 60 calories
2. Carbohydrate: 5 grams
3. Fat: 3.5 grams
4. Fiber: 2 grams
5. Protein: 3 grams
6. SaturatedFat: 0.5 grams
7. Sodium: 180 milligrams
8. Sugar: 1 grams

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