

Spicy Bok Choy Recipe



I've got a tasty, Indian-inspired side dish to share with you today. You could serve this as a side on Thanksgiving, or anytime you want an anti-inflammatory veggie that tastes delicious.

If you're not used to cooking with bok choy, don't be intimidated. It's easy to cook, with leaves that wilt like spinach and hearts that are tender in just a few minutes.

You can find bok choy in the Asian produce section of your grocery store. If you can't find it, you could always substitute spinach or even a combination of spinach and leeks.

And keep in mind, this dish is versatile. If you don't like Indian spices, just leave them out and season with sea salt and pepper. But I love the depth of flavor and hint of heat!

Give it a try and let me know what you think over on [Facebook](#).

INDIAN SPICED BOK CHOY

Ingredients [Serves 2]

3 cups bok choy, shredded
1 tbsp. coconut oil
1/2 cup red bell pepper, diced
2 tbsp. fresh basil, finely chopped
1/2 cup pine nuts
1 cup walnuts (soaked overnight)
1.5 tbsp. fresh lemon juice
1 tbsp. fresh ginger
1 tbsp. garam masala
1/2 tsp. sea salt (Celtic Grey, Himalayan, or Redmond Real Salt)
1 tbsp. garlic, minced
1/2 tsp. black pepper

Optional: add jalapeno or chili pepper for an extra kick!

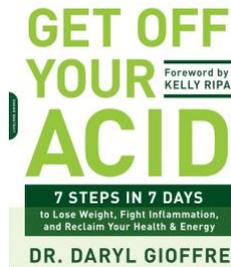


Directions

Flash sauté bok choy with coconut oil in a pan for no more than 5 minutes. Combine bok choy, diced red bell pepper, and basil in a mixing bowl and set

aside.

Process remaining ingredients in a food processor with the “S” blade until smooth. Combine with bok choy mixture and mix well. Let it meld for 1-2 hours. Serve and enjoy!



There are lots more delicious dinner ideas in my best-selling book, [*Get Off Your Acid: 7 Steps in 7 Days to Lose Weight, Fight Inflammation, and Reclaim Your Health and Energy.*](#)

In fact, you'll find more than 50 recipes in addition to all of the information getting and staying healthy and disease-free.

Here's what The Truth About Cancer expert Ty Bollinger had to say about it...



"Get Off Your Acid is a must read in today's toxic world..."

"...My mission in life is spreading the truth about cancer so people can live healthy, cancer-free lives. And this is personal. Both Dr. Daryl and I lost our fathers to cancer. Everyone today suffers from this epidemic in one way or another. So knowing what causes cancer, and what prevents it, could save you or someone you love. This book empowers you to live your best life, and truly prevent all chronic disease including cancer with smart choices."

-Ty Bollinger, The Truth About Cancer