

### **Creamy Bok Choi**

1 head bok choy	2 Tbl flour or corn starch
1 large onion, sliced into small chunks	1 – 2 cups milk
2 Tbl olive or canola oil	Salt and pepper to taste

1. Cut base of bulb away from the bok choy head.
2. Separate the leaves from the stem of the bok choy and chop everything into bite sized pieces.
3. Soak and rinse all pieces until clear of dirt that may be on and in the head.
4. Put oil in a medium skillet and heat to medium high.
5. Add bok choy stems and onion chunks to the oil and sauté until bok choy begins to soften and onion begins become translucent - ~ 5 minutes.
6. Begin adding bok choy leaves, as many as possible at one time, to the sauté. Stir the greens into the mix and keep sautéing, stirring frequently. It will take several additions of greens to the skillet to get them all into the mix.
7. When all the greens are in the pan and beginning to wilt, sprinkle flour or corn starch over the whole pan and stir just until well mixed.
8. Add milk, starting with one cup, to the skillet and stir until sauce becomes thick. Add more milk as needed to get the sauce to a consistency you like.
9. Salt and pepper the sauce to taste.
10. Cover the pan and simmer on low for ~5 minutes.
11. Serve warm.

Serves 4-6 depending on the size of the bok choy head.

#### **NOTES**

1. I've added 2 – 3 potatoes chopped into larger chunks with the onion and bok choy stems. It makes for a heartier side dish.
2. Look for other additions to this basic recipe idea at your favorite recipe finding site.