



YOU CAN COOK  
AND YOU DO HAVE THE TIME

## Kev's Kitchen

### GRILLED BABY BOK CHOY

**Time: 15 minutes**

**Serves: 4**

#### **Ingredients:**

12 baby bok choy – halved lengthwise  
1 teaspoon sesame oil  
1 tablespoon canola or peanut oil  
1 pinch Kosher salt

#### **Preparation:**

Preheat your barbecue on medium.

Place the halved bok choy on a tray cut side up.

Mix the canola or peanut oil with the sesame oil and a pinch of salt.

Brush the oil mixture onto the cut sides of the bok choy.

Place the bok choy cut side down on the grill for three minutes, then turn them cut side up for another three minutes.

Remove from the grill and serve.

#### **Nutritional Information Per Serving:**

Calories: 67  
Fat: 5g  
Carbs: 5g  
Fibre: 2g  
Protein: 3g