



A TASTEFUL PLACE
AT THE DALLAS ARBORETUM

RECIPE

Hero Vegetable: **Pak Choi**

Honey Garlic Pak Choi

Ingredients:

- 1 Large head pak choi, ends trimmed, sliced, and rinsed
- 4 cloves garlic
- 2 Tbs honey
- ¼ cup soy sauce
- 3 tsp sesame oil, divided

Directions:

In a small bowl, combine the garlic, honey, and soy sauce. Set aside. In a wide rimmed sauté pan, drizzle about 2 teaspoons sesame oil over medium high heat. Add the pak choi. Sauté for about a minute to a minute and 30 seconds. You want the pak choi to be tender but somewhat crisp. Lower the heat to medium and pour in the garlic mixture. Cook for another couple minutes. Remove from heat and drizzle with the remaining sesame oil.

*Try adding sliced carrots and serve it over steamed rice for a light vegetarian option. This recipe also goes well grilled chicken or pork.