

Paleo Grilled Baby Bok Choy

Baby Bok Choy is a wonderful vegetable to work with, the tops or greens have a beautiful vibrant color when cooked, and the stalks or stems provide a nice crunch. The stalks can be either white or green, so feel free to purchase either.

Ingredients

4 organic baby bok choy – about 6 cups – cleaned well and cut in half lengthwise
1 TBLS organic virgin coconut oil
2 TBLS organic balsamic vinegar
Sea salt – to taste
Organic freshly ground pepper – to taste

Directions

Preheat oven to high broil.
Move the rack to 6-8 inches from top of oven.
Melt the coconut oil and mix with balsamic, salt, and pepper.
Spread the bok choy out over parchment-lined cookie sheet.
Brush the tops of the bok choy with about ½ the marinade.
Place under broiler with door slightly ajar for about 5 minutes or until the leaves begin to wilt but not char.
Remove from oven, flip the bok choy, brush the other side with remaining marinade and place under broiler until leaves begin to wilt like the first side.
Serve.

Source: The Integrative Chef

Paleo, MITO, GF, DF, KETO, SCD, anti-inflammatory, pre-natal health, immune boosting, anticancer, brain health, gut health, low glycemic, heart healthy, GAPS, grain free, sugar free, Bulletproof, Whole30, vegan, vegetarian

Shared with *the* Foundation for Peripheral Neuropathy by Chef Bill Nolan

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