



Greenmarket Affordable Meals Series

Quick and easy dishes from our market using the freshest seasonal ingredients, all for under \$5 per person

Natural Gourmet Institute

BOK CHOY AND BUTTERNUT SQUASH STIR FRY

RECIPE BY NATURAL GOURMET INSTITUTE

Prep: 10 minutes
Cook: 20 minutes
Total Time: 30 minutes

Yield: 4 Servings
Level: Easy
Approx. Market Cost: \$8.05

INGREDIENTS	MARKET AVAILABILITY	PRICE (APPROXIMATE)
2 tablespoons sesame oil	<i>Pantry Item</i>	-----
1 medium yellow onion, sliced	Mon, Wed, Fri, Sat	\$1.50
3 cloves garlic, minced	Mon, Wed, Fri, Sat	\$0.30 per head
1 pound butternut squash, peeled and finely diced	Mon, Wed, Fri, Sat	\$1.25
1 pound bok choy, leaves and stems chopped separately	Mon, Wed, Fri, Sat	\$3.00
1 tablespoons rice vinegar	<i>Pantry Item</i>	-----
1 teaspoon tamari or soy sauce	<i>Pantry Item</i>	-----
1 ounce scallions, sliced	Mon, Wed, Fri, Sat	\$2.00
	Total Price:	\$8.05

**Item available seasonally at your local Greenmarket. Prices and product availability are subject to change based on producer and seasonality.*

Directions:

1. Heat sesame oil in a sauté pan. Add onion and sauté until translucent, about 5 minutes.
2. Stir in garlic. Add butternut squash; sauté over medium heat until tender, about 8-10 minutes.
3. Stir in bok choy stems; sauté until tender, about 5 minutes.
4. Add bok choy greens, rice vinegar, and tamari. Cook for 1-2 minutes, until greens are wilted.
5. Garnish with scallions and serve. Serve with chicken or tofu, and brown rice.

For over 40 years GrowNYC's Greenmarket staff, volunteers and farmers have been working together to promote regional agriculture, preserve farmland and ensure a continuing supply of fresh, local produce for all New Yorkers. To learn more about GrowNYC's Greenmarket, gardening, recycling and education programs, visit www.growNYC.org.

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