

Baby Bok Choy with Shiitake Mushrooms

serves 3–4

When I feel the need for quick nourishment, this is usually my first choice. We grow our own shiitakes, so we use them fresh in the summer and reconstitute the dried mushrooms the rest of the year. Simple and delicious!

1 T. unsalted butter
1/2 lb. fresh shiitake mushrooms

1 tsp. olive oil
1 lb. baby bok choy, rinsed
Sprinkle of salt to taste

Heat the butter in a medium skillet on medium high heat until melted. Remove the stems from the shiitakes (I freeze them to use when I make vegetable stock). Slice the mushroom caps into 1/4" thick slices. Add to the frying pan. Sauté until fully softened, 3–4 minutes; you'll smell their delectable aroma when they've cooked enough.

Meanwhile, slice the bok choy into 1/2" thick slices, gathering the leaves in a bundle and moving from the tip to the base. Add the olive oil to the fry pan, then add the whitish stem parts in with the mushrooms. Stir well. After 2–3 minutes, add the rest of the bok choy and the salt. Stir well. Sauté until the greens are wilted and the bok choy stems are still slightly crunchy.

Serve with your favorite grain and miso soup with tofu for a great, nourishing meal.