

HEALTHY RECIPES > INGREDIENTS > HEALTHY VEGETABLE RECIPES >

HEALTHY BOK CHOY RECIPES

# Roasted Baby Bok Choy with Soy-Ginger Glaze

Ginger adds flavor and balance to the soy-honey glaze that complements tender-crisp baby bok choy. Sambal oelek, a ground chile paste, adds the slightest amount of spice. Feel free to add more if you want to turn up the heat.

By **Julia Levy** | Updated on September 18, 2023

✔ Reviewed by Dietitian **Emily Lachtrupp, M.S., RD**

✔ Tested by **EatingWell Test Kitchen**

**Active Time:** 10 mins

**Total Time:** 25 mins

**Servings:** 4

## Nutrition Profile:

Diabetes-Friendly Nut-Free Dairy-Free Vegetarian Egg-Free

## Ingredients

1 pound baby bok choy (about 4 medium heads), trimmed and halved lengthwise

2 tablespoons extra-virgin olive oil

¼ teaspoon salt

2 teaspoons reduced-sodium soy sauce

2 teaspoons honey

1 teaspoon rice vinegar

¾ teaspoon grated fresh ginger

¼ teaspoon sambal oelek

## Directions

### Step 1

Place a large rimmed baking sheet on center oven rack; preheat to 450°F. Toss bok choy with oil and salt in a large bowl; arrange cut-side down on the preheated baking sheet. Roast until the stems are tender and browned on cut sides, 8 to 10 minutes. Flip and cook until the leaves are crisp, 2 to 3 minutes.

**Step 2**

Meanwhile, whisk soy sauce, honey, vinegar, ginger and sambal oelek together in a small bowl.

**Step 3**

Transfer the bok choy to a serving platter and drizzle with the soy-honey glaze. Serve hot.

Originally appeared: EatingWell.com, March 2023

## Nutrition Facts

---

Per serving: **Serving Size 2 baby bok choy halves (about 3/4 cup)** 87 calories; total fat 7g; saturated fat 1g; sodium 322mg; total carbohydrate 6g; dietary fiber 1g; total sugars 4g; added sugars 3g; protein 2g; vitamin c 51mg; calcium 120mg; iron 1mg; potassium 299mg