



HEALTHY FOODS, HEALTHY RECIPES

# BOK CHOY WITH MOOSE STIR-FRY

Bok choy is an especially good source of vitamins C and K and can be easily grown in Alaska's long spring and summer months. Moose meat is an excellent source of B vitamins, such as niacin and riboflavin, and also iron. You can pair this recipe with a carbohydrate such as brown rice or quinoa for a healthy meal.

## Ingredients

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1/2 lbs. ground moose meat
- 8 cups fresh bok choy, chopped
- 2 tablespoons soy sauce
- Ground pepper to taste

## Preparation

- 1 In a large skillet, heat oil over medium heat.
- 2 Add garlic and cook for 1 minute.
- 3 Add ground moose meat, cook for 3 to 5 minutes until meat is fully cooked.
- 4 Add bok choy and soy sauce cook for 3 to 5 minutes, until greens are wilted and stalks are crisp-tender.
- 5 Season to taste with black pepper.

