



Makes 6 cups
Preparation Time: 20 minutes
Cook Time: 20 minutes

INGREDIENTS:

1 tablespoon reduced-sodium soy sauce or tamari
1 tablespoon grated fresh ginger
1 tablespoon arrowroot powder
 $\frac{1}{8}$ teaspoon freshly ground white pepper
1 cup sliced fresh shiitake mushrooms (discard stems)
4 cups ong choy or spinach
4 cups choy sum or baby bok choy, halved or quartered
1 bunch gai lan (Chinese broccoli) or baby broccoli
1 tablespoon toasted sesame seeds

Sautéed Chinese Greens Trio

A trio of Chinese leafy greens stars in this bountiful side dish that packs in tons of good-for-you ingredients. Ong choy (aka water spinach) and choy sum (Chinese flowering cabbage) both have a mild, pleasantly grassy flavor, while gai lan (Chinese broccoli) is slightly more pungent and broccoli-like. Look for these tasty veggies at Asian markets, or substitute spinach for the ong choy, baby bok choy for the choy sum, and baby broccoli for the gai lan.

A savory wok sauce laced with fresh ginger unifies the flavors of all the different greens, while shiitake mushrooms add an extra pop of umami goodness. Serve this delightful recipe alongside a [noodle dish](#) or with [Sweet and Sour Vegetable Soup](#) to make it a meal!

Tip: To toast sesame seeds, heat in a dry skillet over medium 3 minutes or until they turn golden and fragrant.

For more savory side dishes, check out these tasty ideas:

- [Air-Fried Fingerling Potatoes](#)
- [Hasselback Roasted Zucchini](#)
- [Spicy Roasted Brussels Sprouts](#)
- [Indian-Spiced Potato Salad](#)

By Darshana Thacker Wendel

- 1 For sauce, in a small bowl whisk together soy sauce or tamari, ginger, arrowroot powder, white pepper, and 2 tablespoons water.
- 2 Heat a wok or large nonstick skillet over high. Add mushrooms and ong choy; cook 3 to 5 minutes or until greens begin to wilt, stirring frequently and adding water, 1 tablespoon at a time, as needed to prevent sticking. (If using spinach, add it to wok the last minute of cooking.) Add 1 tablespoon sauce. Cook and stir 30 seconds more or until sauce thickens and coats mushrooms and greens. Transfer to a platter, leaving two-thirds of platter open for additional greens. (Do not clean wok.)
- 3 In the wok, cook choy sum over high 2 minutes. Add 1 tablespoon sauce. Cook and stir 1 minute or until sauce thickens and coats choy sum. Transfer to the platter, leaving a third of platter open for additional greens. (Do not clean wok.)
- 4 In the wok, cook gai lan in $\frac{1}{2}$ cup water over high 3 to 5 minutes or until bright green all over. Add 1 tablespoon sauce. Cook and stir 2 minutes or until sauce thickens and coats gai lan. Transfer to platter. Sprinkle with sesame seeds.