

# Aspire, Perspire, Nourish Yourself

Wellness Ideas for Everyday Living.

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## **Bok Choy and Vegetable Medley**

### *Ingredients:*

1/4 sweet onion, chopped  
1 carrot, chopped  
1/2 red pepper chopped  
1 1/2 lbs bok choy, chopped  
4-6 kale leaves, chopped and stems removed  
3 beets, cooked and quartered  
4-6 mushrooms, quartered  
4-6 grape tomatoes  
1 tablespoon grapeseed oil  
1 tsp basil or italian seasoning  
1 tablespoon balsamic vinegar or Bragg Liquid Aminos Soy Seasoning  
salt and pepper to taste

### *Directions:*

1. Saute onion, carrots, and red pepper with grapeseed oil for 2 minutes.
2. Add chopped kale, bok choy and saute for 5 minutes.
3. Add basil, salt and pepper.
4. Add beets, mushrooms, and grape tomatoes and saute for about 5 minutes.
5. Add balsamic vinegar or Bragg and mix. Keep heat on for 1 minute and then cover with lid.
6. Keep warm until ready to serve.

You can serve this as a side dish to complement your chicken, fish or tofu. Alternatively, add quinoa to increase the protein content and eat as a meal on its own.