**Bok Choy Stir Fry with Spicy Garlic Sauce**

**Produce**

garlic (if needed)

sweet onion (if needed)

3 heads baby bok choy

Napa or Savoy cabbage *(if needed)*

1 yellow bell pepper

one 9 oz. bag sliced mushrooms

1 large fresh slicing tomato  **Canned/Dried Foods**

brown rice (if needed)

one 6 oz. can sliced water chestnuts sesame oil(if needed)

low-sodium vegetable broth (if needed)

canola oil (if needed)

low sodium soy sauce (if needed)

cornstarch (if needed)

white wine to cook with (if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods/Dairy**

three slices marinated, grilled tofu (from fridge at home)

or

one package baked Asian-style marinated tofu