

## Easy Garlic Roasted Bok Choy

### Description

*This recipe is extremely healthy and easy to prepare.*

**Prep time:** ten minutes

**Cook time:** twenty minutes

**Total time:** thirty minutes

**Servings:** 4

### Ingredients

- 1 head of Bok choy
- 1/4 cup of Avocado oil
- 1 teaspoon of Sea salt
- 1/2 teaspoon of Black pepper
- 4 cloves of Garlic, minced

### Instructions

1. First, preheat the oven to about 425 degrees F, then chop the bok choy lengthwise into fourths.
2. Organize the bok choy on a baking sheet in a single layer with the cut side down. Drizzle two tablespoons of avocado oil on the bok choy, then add pepper and salt to the rest of the bok choy. Flip and repeat to the other side.
3. Turn the bok choy so the cut side faces up, then sprinkle the minced garlic on the bok choy and mix using your hands.
4. Transfer to the oven and roast for about ten minutes. Turn the pan and roast until the leaves is charred, about ten minutes.
5. Serve.