

Ginger Fried Rice with Garlic Bok Choy

Produce	Pantry	Tools and	Meat/Fish/ Chicken Freezer
		Prep	Dairy
fresh ginger garlic 1 onion 6 Bok choy	I cup black rice, also called forbidden rice avocado or grapeseed oil or any vegetable oil	rice cooker or pot PREP cook the rice (see recipe)	