

Tired of the same old recipes?

Looking to try something new for dinner?

Give the following recipe a try, take a picture of yourself trying it and email it in for a chance at a prize!

Will be drawn **March 31/14.**

Please include your name and phone number in the email.



YUMMY BOK CHOY SALAD

Ingredients:

- 1/2 cup olive oil
- 1/4 cup white vinegar
- 1/3 cup white sugar, may use less depending on your taste (may substitute Splenda)
- 3 tablespoon soy sauce
- 2 bunches baby bok choy, cleaned and chopped
- 1 bunch green onions, chopped
- 1/8 cup slivered almonds, toasted. May leave out if allergies are present.
- 1/2 (6 ounce) package chow mein noodles

Directions-

1. In a glass jar with lid mix together olive oil, white vinegar, sugar (or substitute) and soy sauce. Close lid and shake well until mixed.
2. Combine the bok choy, green onions, almonds and chow mein noodles in a salad bowl. Toss with dressing and serve.....Enjoy!

Idea... try adding grilled chicken or salmon for protein or if able, cashews or pine nuts.

Please email submissions to denisel@mbq-tmt.org

subject line- pictures