

Grilled Bok Choy – Avocado Salad

Serves: 4-6 people

Ingredients:

1 lb. Head Bok Choy- Washed- keep on stem/root but cut in half lengthwise
2 Each Avocados
1-2 Red Peppers – Cut in half, seed removed
1 Medium Onion- sliced about ½ inch thick. Skin removed
4-6 oz. Extra Virgin Olive Oil
2-3 Lemon Juice and Zest
1-2 Jalapeno
1-2 Minced Garlic
1 Tablespoon salt
1 -1/2 Teaspoon pepper

Directions:

Make certain your bok choy is well cleaned. Fire up your grill either gas or charcoal. Cut the bok choy in half lengthwise down the middle. Cut the avocados in half also. Scoop out the avocado flesh in one piece. Same for the peppers. Peel the onion and slice ½ inch thick. You'll be grilling all the vegetables. If you like you can skewer the onion slices to keep them together. Any onion works for this recipe, but I like the sweet variety or red Bermuda onions. Spread out all of your vegetables onto a tray so you can drizzle them with oil. Use about 4 oz. (1/2 cup) of oil for the drizzling. Season the vegetables with salt and pepper. Make sure your grill is nice and hot. Lay the vegetables onto the grill with the flat sides down. (You may find it helpful to cut the pepper halves into quarters to make them more flat). Grill them for about 3-4 minutes per side. You want to see some charring. The peppers can go a bit longer. I like a nice blistered/charred pepper. Note*I don't grill the garlic.

Remove the vegetables from the grill and head to your cutting board. Let the vegetables cool for about 10 minutes. Chop the vegetables into pieces you feel comfortable as 'bite size'. I like a pretty big piece at about 1-inch square shape. Place the chopped vegetables into a mixing bowl. Add the juice and zest of the lemons. Taste. Add salt or pepper if needed. Add more oil if needed. Find a nice balance of flavors that you like.

Ideas for additions:

Bacon is awesome in this!

Other vegetables- Try grilling kohlrabi slices. They are awesome!

Toss it with grilled pieces of steak or chicken or your favorite vegetarian sub like hempfu. (Hempfu is tofu made with hemp instead of soy)