

In Season:



Bok Choy!



NUTRIENTS IN BOK CHOY:

Vitamins: A, C, and folate.

SELECTION:

Choose firm bok choy stalks with fresh leaves. Avoid brown spots.

STORAGE:

Store bok choy in a plastic bag in the colder section of your refrigerator for up to a week. Wash immediately before serving.

QUICK FIX TIPS:

- Add raw stalks of bok choy to your favorite veggie tray.
- Fill raw bok choy stalks with anything you would use to fill celery sticks. Try peanut butter, cream cheese, or guacamole.
- Use raw bok choy leaves in salads, on sandwiches, or add it to canned soup.



Bok Choy Stir Fry

Prep Time: 20 Minutes

Serves: 8

Cups of Fruits and Vegetables per Serving: 1

Ingredients:

- 1½ pounds bok choy
- 4 tsp canola oil
- 2 cloves garlic, finely minced
- 1 tsp. grated fresh ginger
- 3 tbsp water
- ¼ tsp salt
- ½ tsp sesame oil

Preparation:

1. Trim the end off the stem and separate the leaves.
2. Cut stem into 1" pieces and the leaves into wide ribbons.
3. Heat oil, garlic, and ginger in a pan on MEDIUM-HIGH heat.
4. When the herbs begin to turn brown, add the stalks of the bok choy.
5. Toss very well to coat with oil and cook for about 3 minutes.
6. Add leaves and water and stir.
7. Cover and let cook for 1 minute or until leaves are tender-crisp.
8. Season with salt and drizzle with sesame oil.



Nutritional Information per Serving:

Calories:36; Total Fat:2.8g; Dietary Fiber:1g; Sodium:128mg

Recipe is courtesy of Produce for Better Health Foundation (PBH).



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