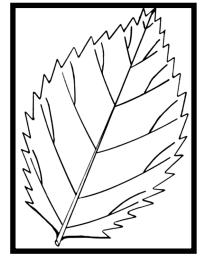


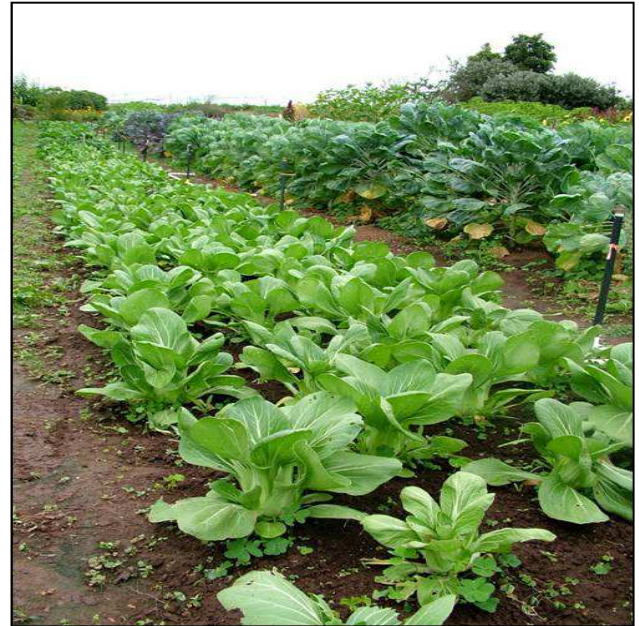
# BOK CHOY



In the garden:



<http://feralkitchen.com/wp-content/uploads/2012/05/BokChoy768.jpg>



<http://www.thewhofarm.org/wp-content/uploads/2008/10/ucsc-bok-choy.jpg>

Ready to eat:



<http://www.simplecomfortfood.com/images/bok-choy-stirfry.jpg>



<http://pinchandswirl.com/wp-content/uploads/2014/08/Bok-choy.jpg>

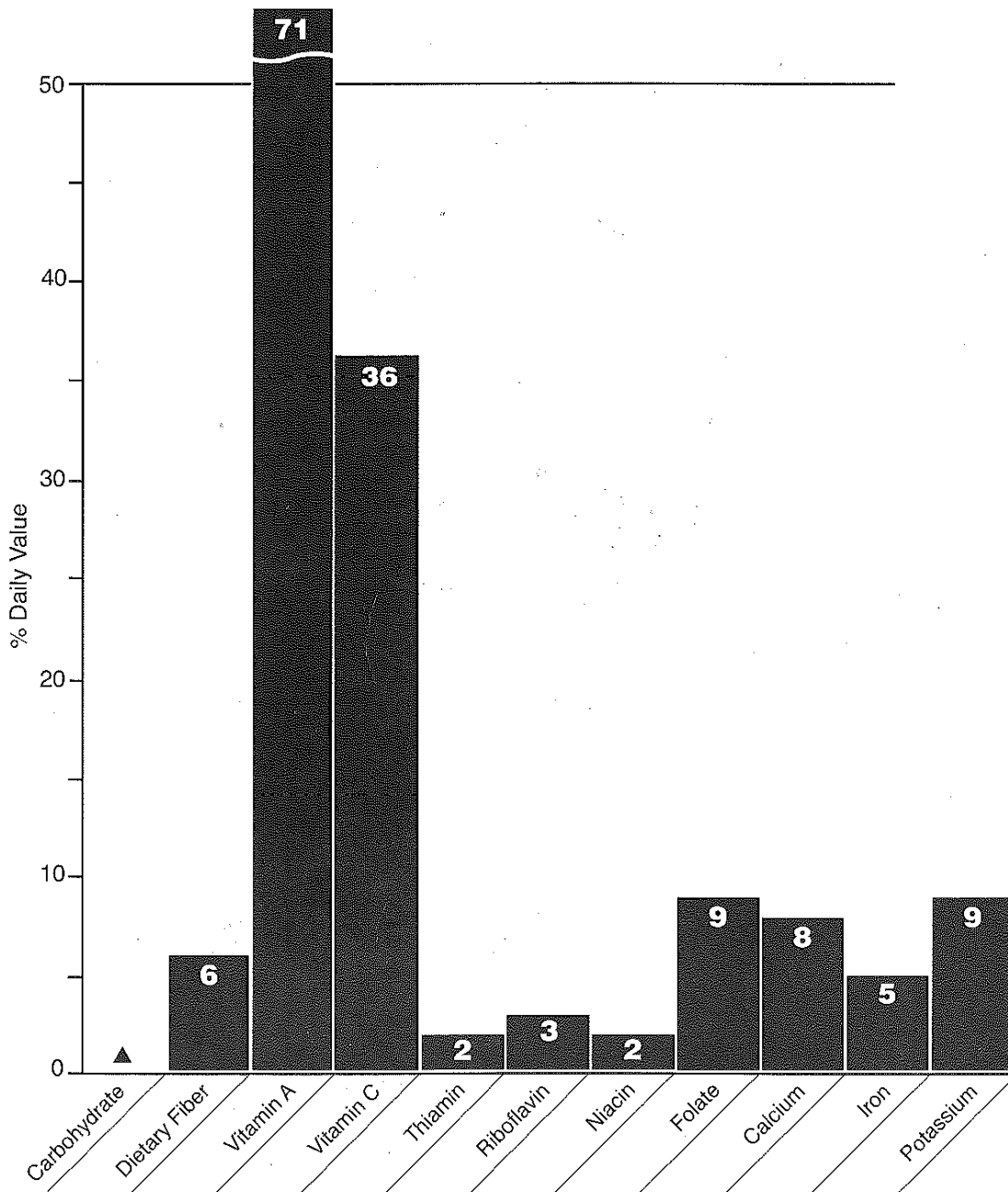


[http://www.vegkitchen.com/wp-content/uploads/2015/01/Seared\\_baby\\_bok\\_choy.jpg](http://www.vegkitchen.com/wp-content/uploads/2015/01/Seared_baby_bok_choy.jpg)

## FUN FACTS:

- Bok choy is also called Chinese cabbage and pak-choi. Bok Choy has been grown in China for more than 6,000 years!
- Both the green leaves and the white stalk of bok choy are edible. You can eat bok choy stalks raw or cooked!
- Bok Choy is packed with vitamins A and C and is a good source of folate.

# Bok Choy



## Serving Size

- 1/2 Cup Chopped
- 84 Grams
- 10 Calories
  - 11% from fat
  - 33% from protein
  - 56% from carbohydrate
- 1 Gram Protein
- 2 Grams Carbohydrate
  - 1 gram dietary fiber
- 0.1 Gram Fat
- 80 Grams Water
- 29 Milligrams Sodium

▲ Trace

From California Department of Education, 2007

Bok Choy is high in Vitamin A to help your eyesight.

## Garden Stir-Fry

Makes 4 Servings

### Ingredients:

- 1/2 cup low-sodium **chicken broth**
- 1/2 tablespoon **cornstarch**
- 1 teaspoon reduced-sodium **soy sauce**
- 1 tablespoon **sesame oil**
- 2 **garlic cloves**, minced
- 1 teaspoon fresh **ginger**, grated
- 2 cups **broccoli florets**
- 1 1/4 cups **bok choy**, roughly chopped
- 1 1/4 cups **carrots**, cut into matchsticks
- 1 cup **onion**, sliced
- 1 cup **red bell pepper**, sliced



### Directions:

1. In a medium bowl, whisk together the chicken broth, cornstarch, and soy sauce. Set aside.
2. Warm the sesame oil in a large skillet or wok over moderately high heat. Add the garlic and ginger and cook for 1 minute.
3. Add all the vegetables and cook until tender, about 7-10 minutes.
4. Add the soy sauce mixture, reduce the heat to moderate, and continue cooking until the sauce is thickened.

### Storage tips:

- Store bok choy in a loose plastic bag in the refrigerator for up to one week.
- Wash bok choy immediately before serving.

Adapted from: <http://www.letsmove.gov/blog/2013/07/08/garden-stir-fry>

## Garden Stir-Fry

Makes 4 Servings

### Ingredients:

- 1/2 cup low-sodium **chicken broth**
- 1/2 tablespoon **cornstarch**
- 1 teaspoon reduced-sodium **soy sauce**
- 1 tablespoon **sesame oil**
- 2 **garlic cloves**, minced
- 1 teaspoon fresh **ginger**, grated
- 2 cups **broccoli florets**
- 1 1/4 cups **bok choy**, roughly chopped
- 1 1/4 cups **carrots**, cut into matchsticks
- 1 cup **onion**, sliced
- 1 cup **red bell pepper**, sliced



### Directions:

1. In a medium bowl, whisk together the chicken broth, cornstarch, and soy sauce. Set aside.
2. Warm the sesame oil in a large skillet or wok over moderately high heat. Add the garlic and ginger and cook for 1 minute.
3. Add all the vegetables and cook until tender, about 7-10 minutes.
4. Add the soy sauce mixture, reduce the heat to moderate, and continue cooking until the sauce is thickened.

### Storage tips:

- Store bok choy in a loose plastic bag in the refrigerator for up to one week.
- Wash bok choy immediately before serving.

Adapted from: <http://www.letsmove.gov/blog/2013/07/08/garden-stir-fry>

# WASHINGTON STATE UNIVERSITY

---



PIERCE COUNTY EXTENSION

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program. SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233.

# WASHINGTON STATE UNIVERSITY

---



PIERCE COUNTY EXTENSION

USDA is an equal opportunity provider and employer. This material was funded by USDA's Supplemental Nutrition Assistance Program. SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact: <http://foodhelp.wa.gov> or the Basic Food Program at: 1 877 501 2233.