

Bok Choy

HOW TO CHOOSE AND STORE

Bok choy should be fresh looking, not wilted, yellow or damaged. Store unwashed loosely wrapped in plastic in crisper drawer of fridge for up to a week. They are easily blanched and frozen.

HOW TO USE AND EAT

Mild tasting, bok choy can be eaten raw (especially when young) or cooked. It is very versatile and can be used in a variety of recipes and flavor styles.



Mango Bok Choy Smoothie

- 2 cups coconut water or tap water
- 2 cups baby bok choy or baby spinach
- 1 medium-sized banana
- 1 tablespoon lime or lemon juice
- 2 cups frozen mango
- 1 teaspoon minced fresh ginger (optional)

Throw everything into your blender, and blend on high for 30 to 60 seconds until smooth and creamy.

Quick and Easy Garlic Bok Choy

- Oil (for cooking pan)
- Garlic (chopped)
- shallots (or other mild onion) (chopped)
- soy sauce
- sesame oil
- crushed red pepper (optional)

Heat pan over medium high, add oil to coat pan, when hot, add garlic and onion, saute 1-2 min then add bok choy and soy sauce sesame oil to taste . Continue to cook/ stir until bok choy cooked to preference.

Sesame Bok Choy Salad

- 1 lb bok choy, washed and thinly sliced
- 1 carrot, thinly sliced on the diagonal
- 2 stalks of celery, thinly sliced
- 1 red bell pepper, seeded and thinly sliced
- 2 1/2 tablespoons extra virgin olive oil
- 1 tablespoon sesame oil
- 1 tablespoon rice wine vinegar
- 1 tablespoon soy sauce
- 1 tablespoon honey,
- salt & pepper to taste
- toasted sesame seeds for garnish (optional)
- sliced almonds for garnish (optional)

Combine all the vegetables in a large bowl.

Whisk together the olive oil, sesame oil, rice vinegar, soy sauce and honey in a small bowl or glass jar.

Pour the dressing over the salad ingredients and toss well until combined.

Season to taste with salt and pepper and garnish with toasted sesame seeds and sliced almonds.