

# 10 Quick Recipes & Facts About Bok Choy!



- 1. Separate stalks & greens:** The stalk & leaf of bok choy have different cooking times, so separate them, then cook the stalk longer.
- 2. In salads & slaws:** Chop greens & dice stalk, then mix into chicken salad, tuna salad, green salad or coleslaw.
- 3. Roasted bok choy:** Heat oven to 450° & chop bok choy into large pieces. Toss bok choy with a tablespoon of cooking oil, salt & pepper. Place bok choy in a single layer on a baking sheet & bake until tender & lightly browned, about 8 mins.
- 4. Disease prevention:** The phytochemicals & antioxidants in bok choy can help protect against cancer & other diseases.
- 5. On the grill:** Halve bok choy & lightly spray or brush with a small amount of cooking oil, & sprinkle with salt & pepper. Place on hot grill or grill pan & grill for 8-10 mins, until tender & charred, flipping occasionally. Top with a bit of balsamic or other vinegar.
- 6. Vitamin K:** Bok choy is a great source of vitamin K, which is beneficial to bone strength & health.
- 7. Easy steamed bok choy:** Steam bok choy with a steamer or in the microwave in minutes! Remember to separate stalks & greens, cooking stalks a bit longer.
- 8. Bok choy stir-fry:** Heat a tablespoon of cooking oil in a pan over high heat. Add chopped onion & cook 2 mins. Stir in chopped bok choy stalk & other veggies (try carrots, peppers, broccoli, mushrooms &/or snow peas) & cook until just tender, about 7-8 mins. Stir in chopped bok choy greens & chickpeas or other beans & cook for 2 mins. Stir in soy sauce, top with sesame or sunflower seeds & serve with brown rice or quinoa.
- 9. 5 a day:** Bok choy is part of the vegetable family – include them in your 5 servings of fruits & veggies a day.
- 10. Vitamin A:** The vitamin A in bok choy helps our immune systems – eat it to keep the doctor away!

See other side for another recipe & complete bok choy nutrition facts... 

# Bok Choy Soup

## Ingredients

- 2 TBS cooking oil
- 1 large onion, chopped
- 4 garlic cloves, minced or 1/2 tsp garlic powder
- 1 bunch bok choy, chopped
- 1+ cups veggies, chopped (try carrots, peppers, celery, mushrooms)
- 1 cup chickpeas or cooked chicken, chopped
- 6 cups broth
- Whole grain noodles (try soba or udon noodles, or break whole grain spaghetti in half)



## Directions

- In a large heavy-bottom pot, sauté onion over medium-high heat. Cook onion a few mins., until translucent, then add garlic & cook a minute more. Stir in bok choy & other veggies, sprinkle with salt & pepper & cook until just tender, about 10 mins.
- Add broth & bring to a boil. Stir in noodles, reduce heat to a simmer & cook until noodles are almost tender, about 6-8 mins.
- Add chickpeas or chicken & cook for a few mins, until heated through.

## Bok Choy Nutrition

Nutritional data & images courtesy of NutritionData.com

### 1 cup shredded, cooked

Nutrition Facts	
Serving Size 1 cup, shredded 170g (170 g)	
Amount Per Serving	
Calories 20	Calories from Fat 2
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 58mg	2%
Total Carbohydrate 3g	1%
Dietary Fiber 2g	7%
Sugars 1g	
Protein 3g	
Vitamin A 144%	Vitamin C 74%
Calcium 16%	Iron 10%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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### 1 cup shredded, raw

Nutrition Facts	
Serving Size 1 cup, shredded 70g (70 g)	
Amount Per Serving	
Calories 9	Calories from Fat 1
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat	
Cholesterol 0mg	0%
Sodium 46mg	2%
Total Carbohydrate 2g	1%
Dietary Fiber 1g	3%
Sugars 1g	
Protein 1g	
Vitamin A 63%	Vitamin C 52%
Calcium 7%	Iron 3%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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