



## Bok Choy

### How to Prepare

Bok Choy is an Asian cabbage with growing popularity in Canadian kitchens. There are several related varieties with similar taste, texture and applications, such as Shanghai Bok Choy, Pak Choy, or Baby Bok Choy.

When raw, bok choy has a firm texture, similar to celery, and a slightly bitter, earthy flavour. When cooked, the flavour becomes milder and the texture can become almost creamy.

The clustered stalks of bok choy can hide dirt, so wash well by either separating the stalks and washing them individually, or removing the bottom core and rinsing well. Bok choy is best stored intact in the crisper drawer in a perforated bag. Try to cut and clean bok choy immediately before using.

### Try Using Bok Choy:

- In salads;
- In coleslaws;
- In a stir-fry or noodle bowl;
- In noodle soups or pho;
- In fried rice dishes;
- Steamed or sautéed;
- Grilled & drizzled with olive oil;
- In curry-spiced stews;
- Added to a hot pot;
- As a replacement for spinach;
- In fresh-pressed juices; and
- In egg-drop soup.

### Nutrition Highlights

- Low calorie;
- A source of vitamin A and C;
- A source of many other vitamins;
- A source of dietary fiber.

<b>Nutrition Facts</b>	
Serving Size 1 cup, shredded 70g (70 g)	
Amount Per Serving	
<b>Calories</b> 9	Calories from Fat 1
% Daily Value*	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 46mg	2%
<b>Total Carbohydrate</b> 2g	1%
Dietary Fiber 1g	3%
Sugars 1g	
<b>Protein</b> 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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## Recipe: Bok Choy Salad with Basil Dressing

### Ingredients

#### **Basil Dressing:**

- ½ cup extra virgin olive oil
- 1 tbsp sesame oil
- ¼ cup rice vinegar
- 1 tbsp sugar
- 2 tbsp soy sauce
- ½-1 inch gingerroot, peeled
- 1/3 packed cup basil

#### **Bok Choy Salad:**

- 3 heads of baby bok choy
- 2 garlic cloves
- 3 medium carrots, peeled
- 1 small red onion, diced
- 1 cup of edamame

1. Shred the bok choy with the shredder attachment of a food processor and transfer to a large bowl.
2. Add garlic, carrot and onion to food processor and process all until grated, then add to bowl with bok choy.
3. Mix in edamame.
4. Place all dressing ingredients in a blender, excluding basil. Blend until emulsified. Add basil and blend for another few seconds.
5. Pour dressing over veggies
6. If you don't have a food processor, many immersion blenders come with a processor attachment. Veggies can also be sliced thinly with a sharp knife or grated using a box grater.

You can often find frozen edamame in grocery stores. If you can't find edamame, try using chickpeas or white kidney beans instead.

You can use bok choy, pak choy, and Shanghai bok choy interchangeably.

Smaller bok choy plants tend to be a little more tender. Larger bok choy are usually more firm and crisp. Use smaller plants in raw applications, and bigger plants for cooked dishes.