

Brought to you by the Eastern Highlands Health District through a grant from the CT Department of Public Health for obesity prevention.

# The produce of the week is... Bok Choy

You can find POW! info sheets on the EHHD website!

[www.ehhd.org](http://www.ehhd.org)

Look for

Produce of the Week



What vegetable has been cultivated for over 2 thousand years?

**Bok Choy!**

- Bok Choy is also called 'Chinese Cabbage' or 'Pak Choi'
- Bok Choy is a common ingredient in Chinese recipes including soups, main dishes, appetizers, and stir-fries
- Select Bok Choy that has firm stalks and fresh, green leaves
- Bok Choy can be stored in the refrigerator for up to a week
- Young stalks are often sold as 'baby' Bok Choy, and have a milder flavor than the mature leaves and stalks

## Nutrition Facts:

- Bok Choy is an excellent source of vitamins A & C, and is a good source of calcium and many other vitamins and nutrients
- 1 cup raw Bok Choy has about 9 calories!

## Did you know ?

Did you know?

Some people use Bok Choy as edible landscaping because it is easy to grow, grows fast, and is a pretty plant with white stalks and deep green leaves.

## Count it out!

Keep track of the fruits and veggies that you eat each day by outlining a different color triangle every time you have a fruit or veggie. Try to eat a rainbow of colors and eat at least 5 servings of fruits or veggies each day.

Day 1



Day 2



Day 3



Day 4



Day 5



Day 6



Day 7





Eastern Highlands Health District

4 S Eagleville Rd ♦ Mansfield CT 06268  
860.429.3325 www.ehhd.org

# Try these delicious, nutritious and healthy recipes!

## Sautéed Bok Choy with Cashews

6 Servings

### Ingredients

24 oz baby Bok Choy  
2 T olive oil  
3 cloves garlic, chopped  
1 bunch green onions, chopped  
1/2 cup chopped roasted cashews (or almonds)

### Directions:

1. In large sauce pan, heat oil over low heat; stir in onions, garlic and Bok Choy. Cover and cook on low for 3 minutes. Bok Choy will cook down and 'wilt' a bit.
2. Remove cover and cook 2 to 3 minutes longer.
3. Gently stir in cashews or almonds; serve warm as a side dish or over rice with chicken

To add a bit of zing to the recipe, grate in fresh ginger and a sprinkle of red pepper flakes.

## Vegetable Toss!

6 Servings

### Ingredients

1 bunch Bok Choy, chopped  
2 carrots, sliced thin  
1 small onion, diced  
1 clove garlic, minced  
1 T canola oil  
1 cup fresh green beans, cut; or snap peas  
1/2 can vegetable broth (low sodium, low fat)

### Directions:

1. Heat oil in large skillet over medium high heat; add onion and garlic; sauté for 2-3 minutes. Add carrots and green beans, cover and cook for 5 minutes.
2. Add Bok Choy and cook for 2 minutes
3. Add broth, allow to almost come to a boil; simmer for 2 minutes. Add soy sauce and serve over hot rice or noodles.



Recipes modified from [allrecipes.com](http://allrecipes.com)

**Caution: Make sure to try all of these recipes under the supervision of an adult and be careful of food allergies! Happy and healthy cooking!**