

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

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

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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!

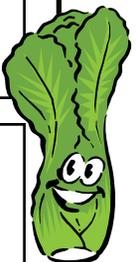
6 Servings

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

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!