

Bok Choy



SEASONALITY



NUTRITIONAL PROPERTIES

Bok choy is a cruciferous vegetable along with cabbage, cauliflower, and kale. Bok choy is naturally low in calories. It's a good source of fiber, calcium, iron, and potassium. It's incredibly high in vitamin C.

STORAGE

Store in a plastic bag within the refrigerator.
Wash immediately before consumption.

PRESERVATION

Bok choy can be blanched and frozen in a plastic bag. It can be kept for several months in the freezer.

HOW TO PREPARE

1. Roughly chop the bok choy after cleaning.
2. Spread on a baking tray.
3. Lightly drizzle with oil, sprinkle with salt and pepper.
4. Roast at 425 ° F for 15-20 minutes.
5. Add to salad, stir fry, or soup.

RECIPES FROM HDFFA

with bok choy

- Stir Fry
- Ginger Soy Chicken Salad

GO TO [HDFFA.ORG/COOKINGCOUNTS](https://www.hdfffa.org/cookingcounts)
OR SCAN CODE TO FIND OUR RECIPES

