

# Bok Choy

## Key Points

- For best buy, look for bok choy with firm stems with no brown spots.
- To prepare fresh bok choy, cut off the root bottom. Both the white stem and green leaves can be eaten raw or cooked.
- To store fresh, wrap unwashed greens in a damp paper towel and keep in the refrigerator for 3 to 5 days.
- Bok choy contains vitamin A, which is good for healthy eyes and skin.



## Bok Choy and Mushroom Stir-Fry

### Ingredients:

- 1 pound bok choy (or 1 head)
- 2 teaspoons vegetable oil
- 3 cups sliced mushrooms
- 2 garlic cloves, minced
- 1 teaspoon sugar
- 1/2 cup chicken broth
- 1 teaspoon cornstarch or flour
- 2 teaspoons soy sauce
- Black pepper to taste

### Directions:

1. Cut the bok choy leaves from the stems. Chop the leaves into bite-size pieces.
2. Slice the stems, leaving the root as waste.
3. In a large frying pan, heat oil over medium high heat. Add the bok choy stems, mushrooms, garlic and sugar to the pan. Cook 2 minutes, or until stems are tender. Stir often.
4. Add the bok choy leaves to the pan. Cook 2 minutes.
5. In a small bowl, mix chicken broth and cornstarch, or flour.
6. Pour chicken broth mixture and soy sauce into pan.
7. Cook until sauce thickens and bok choy is tender. Stir often.
8. Add

**Makes 6 servings.**

## Bok Choy Noodle Bowl

### Ingredients:

- 2 cups orange juice
- 2 cups low sodium chicken broth
- 2 teaspoons soy sauce
- 4 garlic cloves, minced
- 1 onion, chopped
- 2 carrots, shredded
- 2 cups chopped bok choy
- 4 cups cooked spaghetti\*

### Directions:

1. In a large pot, bring orange juice, chicken broth, soy sauce, garlic and onions to a simmer over medium heat.
2. Simmer for 5 minutes.
3. Add the carrots to the pot. Simmer for 5 minutes.
4. Add the bok choy and simmer for 5 minutes more.
5. Add the cooked spaghetti to the pot and simmer for 2-3 minutes or until hot. Stir often.
6. Put some of the spaghetti into each bowl and ladle the soup over the spaghetti. Enjoy!
7. Refrigerate leftovers.

\*8 ounces (1/2 of a 1 pound box) uncooked spaghetti will make 4 cups cooked.

**Makes 4 servings.**

## Quick Tips

- Bok choy is great cooked in a little vegetable oil with garlic and onions.
- Both the white stems and the green leaves of bok choy can be eaten raw or cooked.
- The white stems of bok choy take longer to cook. Add the stems first and cook until they are soft. When the stems are soft, add the green leaves and cook until they have wilted.
- Remember to rinse all fruits and vegetables before using.

Just Say Yes to Fruits and Vegetables

# The Nutrition Facts Label — What does it tell us?

**Recipe Name:**  
**Bok Choy and Mushroom  
 Stir Fry**

**Recipe Name:**  
**Bok Choy Noodle Bowl**

<b>Nutrition Facts</b>	
Serving Size (140g) Servings Per Container	
Amount Per Serving	
<b>Calories 40</b>	<b>Calories from Fat 15</b>
% Daily Value*	
<b>Total Fat 1.5g</b>	<b>2%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 230mg</b>	<b>10%</b>
<b>Total Carbohydrate 5g</b>	<b>2%</b>
Dietary Fiber 1g	4%
Sugars 2g	
<b>Protein 3g</b>	
<b>Vitamin A 70%</b>	<b>Vitamin C 50%</b>
<b>Calcium 8%</b>	<b>Iron 4%</b>
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

**1. Start with the serving size.**

**2. Check calories.**

**3. Limit these:**  
 - Total fat  
 - Saturated fat  
 - Trans fat  
 - Cholesterol  
 - Sodium

**4. Get enough of these:**  
 - Fiber  
 - Vitamins A and C  
 - Iron  
 - Calcium

<b>Nutrition Facts</b>	
Serving Size (537g) Servings Per Container	
Amount Per Serving	
<b>Calories 330</b>	<b>Calories from Fat 20</b>
% Daily Value*	
<b>Total Fat 2.5g</b>	<b>4%</b>
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 280mg</b>	<b>12%</b>
<b>Total Carbohydrate 66g</b>	<b>22%</b>
Dietary Fiber 5g	20%
Sugars 16g	
<b>Protein 14g</b>	
<b>Vitamin A 160%</b>	<b>Vitamin C 150%</b>
<b>Calcium 15%</b>	<b>Iron 20%</b>
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
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Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

**Percent (%) Daily Value:**  
**5% or less is LOW**  
**20% or more is HIGH**

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). To find out more, contact: 1-800-342-3009 or go to: [myBenefits.ny.gov](http://myBenefits.ny.gov). USDA is an equal opportunity provider and employer. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W

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