BOK CHOY

Commonly used in Asian cooking, this leafy green has a mild flavor and can be used in many different dishes. It belongs to the same family of vegetables as cabbage.

lovin'
spoonfuls
a food rescue

BEST COOKING METHODS

- BRAISED
- BOILED
- RAW
- SAUTEED

RECIPE IDEAS

- SOUPS
- STIR FRY

STORAGE

- Softer leaves can be used in a soup or to make stock.
- Wrap in a paper towel in the refrigerator crisper drawer for freshness.

NUTRITION

- Good source of vitamin A, C, and Calcium.

TIPS

- Both leaves and stalks are edible and can be cooked – but should be cut and washed separately to ensure all dirt is removed. They also may have different cooking times depending on the size of the stalk.
- Do not wash Bok Choy until it is ready to be used for optimal freshness.
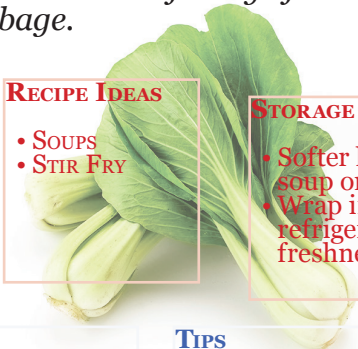
Ginger Bok Choy Soup with Noodles

- **1 tbsp** olive oil
- **1/2 bunch** bunch scallions
- **2 cloves** garlic, minced
- **2 tbsp** ginger, minced
- **2 c** vegetable broth
- **2 c** water
- **1 head** bok choy
- **4 oz** favorite soup noodles (rice, udon, ramen etc.)
- **Optional:** salt, sesame seed, and red pepper flakes to taste

In a stock pot, heat olive oil over medium-low heat. Trim the ends off the scallions and chop through the light green stem. Save the dark green tops for topping. Add the scallions to the pot with the garlic and ginger. Cook, stirring occasionally for 2 to 3 minutes until the garlic and ginger is fragrant. Measure in the vegetable broth and water. Bring to a boil, reduce to a simmer, and cook for 5 minutes. While broth is simmering, cut the end off the head of bok choy. Cut off the stems and then cut the stems into thin strips. Roll the leaves together and also cut into strips. Add the stems to the broth and cook for 5 minutes or until stems are starting to be tender. Follow with the leaves and cook for another 5 minutes more. Finally, stir in the ramen and simmer the soup until the noodles and bok choy are tender, 4 to 6 minutes. Taste and add salt (and other optional seasoning) as needed. Sprinkle scallion on top to serve.