Bok Choy

This member of the cabbage family is tender and mild, and great for stir-fry, soups, salads, or slaws. Often featured in Asian recipes, it can be found in large heads or as tender “baby” bok choy that can be cooked whole. Like all greens, Bok Choy is nutrient-rich and low calorie.

Storage
Wrap in a damp paper towel and store in the crisper drawer. Limp or wilty heads can often be refreshed by trimming the bottom and placing in a dish of cold water. Slightly yellowed or damaged leaves can be used in cooked dishes. Bok choy does not freeze well by itself, but you can freeze finished dishes with bok choy.

Cooking
Chop leaves & base into bite sized pieces for stir-fry or soups, or thinly slice for salads & slaws. Small heads can be cut in half and grilled, or even sautéed or steamed whole.
Sweet & Spicy Bok Choy

Serves: 4  Total Time: 20 Minutes

Ingredients:
• 2 large or 4-6 baby bok choy, coarse chopped
• 2 cloves garlic, minced
• 2 tbsp oil (vegetable or olive)
• 2-4 tsp Sriracha (or other hot sauce, to taste)
• 2 tbsp maple syrup, honey, or brown sugar
• 1 tbsp water
• ½ tsp salt
• 1 tsp ground ginger
• 2 tbsp sesame seeds (optional)

Directions:
1. In a medium skillet, heat oil and garlic over medium-high until fragrant. Stir in bok choy. Lower heat to medium and cook, stirring occasionally, until bok choy is wilted, 4 to 5 minutes.
2. Meanwhile, in a small bowl whisk together hot sauce (as desired), maple syrup, water, salt, and ginger.
3. Add sauce to skillet and raise heat to medium-high. Cook until sauce is reduced to a thick glaze, stirring often to prevent burning. Remove from heat and serve immediately, topped with sesame seeds.