



Bok Choy

3 Prep and cooking tips

- Bok choy can be steamed or used in stir-fries with a variety of other vegetables.
- Bok choy leaves can be added to salads, soups, or sandwiches.
- Bok choy can make a good snack by eating the stalks raw with peanut butter or your favorite dip!

2 Shopping and storage

- Do not wash bok choy prior to use.
- For maximum freshness, wrap the bok choy in aluminum foil loosely then place in a plastic bag with holes. Store bok choy in the fridge up to one week.

1 Nutrition Fact:

- Bok choy is a great source of Vitamin C and Vitamin K! Vitamin C keeps our skin, teeth, bones, and cartilage healthy. Vitamin K plays an important role in the way blood clots which prevents excessive bleeding.

Go!

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