The vegetable of the day is bok choy! Here is a bok choy recipe you can use at home. As it says on your recipe card, bok choy may help support your bones, vision, and immune system—try it and the recipe on your recipe card!

Let’s build a balanced meal!
Work together to create a balanced meal you and your family like, or want to try! Make sure to include bok choy, and put all the parts of your meal in their correct food group.

Work together to build a balanced meal and talk with each other about favorite ways to eat bok choy.