

BOK CHOY



HOW TO USE

Roast bok choy leaves in the oven at 450 degrees Fahrenheit with salt, oil, or lemon juice for about 6 minutes, or until they are wilted and crispy; Chop it into thin slices and add it to a soup.

HOW TO STORE

Keep bok choy in a plastic bag in the refrigerator for up to one week.

HELPS SUPPORT

Immune system and vision.

ROASTED FISH AND CRISPY SLAW WRAP

Serves: 4 | Prep time: 30 minutes

INGREDIENTS

- 1 cup bok choy
- 1 cup red cabbage, shredded
- 1 cup white cabbage, shredded
- 1 cup carrots, shredded
- $\frac{3}{4}$ cup balsamic vinaigrette dressing (low-fat)
- 1 lb. of fish
- 1 tsp. olive oil
- 1 cup lettuce
- 4 whole wheat tortillas
- Optional: Avocado, 2 limes, cut into fourths

DIRECTIONS

1. Preheat oven to 375 degrees Fahrenheit.
2. In a large bowl combine red and white cabbage, carrots, bok choy, and balsamic dressing.
3. Cover and refrigerate.
4. Place fish on a baking sheet, brush with olive oil and sprinkle salt.
5. Bake for 12–15 minutes (until fish flakes or if you have a thermometer the internal temperature is 145 degrees Fahrenheit).
6. To assemble, place $\frac{1}{4}$ cup lettuce, $\frac{1}{4}$ of the fish, and 1 cup of the cabbage slaw on the wrap.
7. If you are using them, squeeze lime on top and add some avocado.
8. Roll into a wrap and serve!

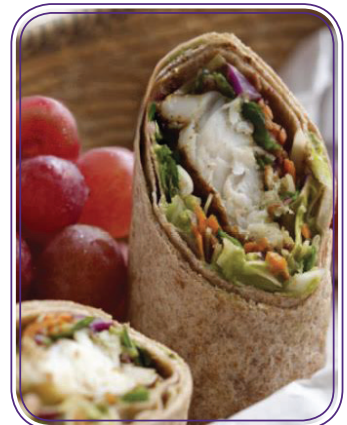


Photo: Recipes Healthy Kids Cookbook



CALIFORNIA ASSOCIATION
OF FOOD BANKS

Funding provided by the California Department of Food
and Agriculture's Specialty Crop Block Grant Program.

www.cafoodbanks.org