

BOK CHOY



HOW TO USE

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

HOW TO STORE

Keep it in a plastic bag in the refrigerator for up to 1 week.

HELPS SUPPORT

Immune system and vision.

BOK CHOY NOODLE BOWL

Servings:4

Preparation Time: 30 Minutes

INGREDIENTS

- 2 cups orange juice
- 2 cups low sodium chicken broth
- 2 teaspoons soy sauce
- 4 garlic cloves, minced
- 1 onion, chopped
- 2 cups chopped bok choy
- 8 ounces uncooked spaghetti



INSTRUCTIONS

1. In a medium pot, cook the pasta following the package directions.
2. In a large pot, bring the orange juice, chicken broth, soy sauce, garlic and onions to a simmer (just below a boil) over medium heat. Simmer for 5 minutes.
3. Add the bok choy leaves and simmer the mixture for 5 more minutes.
4. Add the cooked spaghetti to the pot and simmer for 2-3 minutes or until hot. Stir often.
5. Put some of the spaghetti into each bowl and ladle the soup over the spaghetti.

Adapted from Just Say Yes to Fruits and Vegetables, USDA SNAP-Ed