

# Bok Choi

## Storage

Store unwashed in a refrigerator crisper drawer for up to one week.



## Preparation

Wash in tepid water, snap leaves off base like celery, then trim the leaves from the stalk and dice. Bok Choi can be steamed, sauteed, stir-fried, or boiled.



## Nutrition

Bok choy is rich in vitamins A, C, and K. It has antioxidant and anti-inflammatory benefits and is best prepared in a stir-fry to maximize nutrient availability.

