





Produce of the Month





Bok Choy









Nutritional Information

-  One cup of shredded Bok Choy is 9 calories
-  Bok Choy is high in vitamin A, vitamin K and vitamin C
-  Bok Choy was ranked second out of 41 “powerhouse” fruits and vegetables by the CDC.
-  Bok Choy is high in antioxidants

Fun Facts

-  Bok Choy is a type of cabbage
-  Bok Choy has been enjoyed in China for over 1,500 years and has only been grown in North America for about 100 years.

Selecting, Storing, Preparing

-  Select firm brightly colored Bok Choy
-  Purchase Bok Choy that is under refrigeration so the leaves are not wilted
-  Storing Bok Choy in a plastic bag with little to no air and place in the vegetable drawer in your refrigerator
-  Bok Choy stays fresh for about 1 week
-  Wash and cut Bok Choy before cooking or using it
-  You can eat almost all parts of Bok Choy, but wait a few minutes after cutting to cook

Recipes/Ideas

- Sauté Bok Choy and add to other stir fry vegetables
- Chopped Bok Choy can be used anywhere you might add spinach or kale

For more ideas:

<http://95210.townofmanchester.org/>

<http://www.foodnetwork.com/recipes/robin-miller/stir-fried-bok-choy-with-ginger-and-garlic-recipe.html>

Manchester's Message for a Healthier You



9 Hours of Sleep – 5 Servings of Fruits & Vegetables – 2 Hours or less of Screen Time – 1 Hour of Physical Activity – 0 Sugary Beverages