

Baby Bok Choy



- ◆ Baby bok choy is a type of cabbage that is smaller and has a milder flavor than regular bok choy. It is sometimes called Chinese cabbage
- ◆ Baby bok choy is a staple in Asian cooking, where its versatility complements many dishes.
- ◆ Baby bok choy's popularity comes from its light, sweet flavor, crisp texture and nutritional value.
- ◆ It is found in soups, stir-fries, appetizers, salads, sides, and main dishes.
- ◆ Baby bok choy is very nutritious, it is high in Vitamin A, Vitamin C, potassium and calcium. It also contains a wide spectrum of B-complex vitamins.
- ◆ One cup of raw, shredded baby bok choy contains only nine calories. It is also relatively low in carbohydrates.
- ◆ It can be eaten raw, quick-cooked, steamed, stir-fried, or boiled.
- ◆ Fun Fact: In China, bok choy is hung from the clotheslines to dry. This concentrates its flavor.
- ◆ In Chinese, bok choy means “white vegetable”