

## BOK CHOY

### *Selection Info*

Look for fresh green leaves and firm stalks. Avoid bok choy that is wilted.

### *Preparation*

**Boil:** Bring water to boil, then add just the stalks. Boil for about 2 minutes, then add the leaves. Continue to boil for approximately 2 more minutes.

**Stir-Fry:** Cook the leaves in a wok or skillet until just wilted but still green (about 2 minutes). Cook the stalks for about 5 minutes.

**Steam:** Steam the leaves in steaming pan or pan with vented lid for 2-3 minutes and the stalks for about 5 minutes.

### *Storage*

**Short-Term Storage:** Wrap unwashed bok choy in a loose plastic bag and store in a refrigerator drawer. Or wrap bok choy in paper towels and place them in the refrigerator drawer. Bok choy stored either way should last up to five days.

**Long-Term Storage:** Bok choy may be frozen.



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# BOK CHOY WRAPPERS

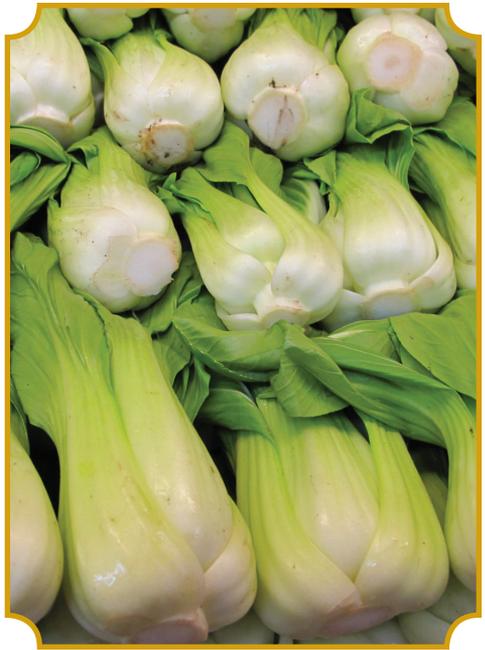
## Ingredients

- 1 1/2 cups Brown rice, long-grain, regular, dry
- 1 3/4 cups Fresh bok choy, sliced 1/4"
- 1 3/4 cups Canned pineapple tidbits, in 100% juice
- 3 cups Cooked chicken strips
- 3/4 cup Sweet and sour sauce
- 1 teaspoon low-sodium soy sauce
- 12 Leaves of fresh romaine lettuce, outer leaves

## Directions

1. Preheat oven to 350 °F.
2. Combine brown rice and 3 1/2 cups water in a large pot and bring to a rolling boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Fluff with a fork. A rice cooker may be used with the same quantity of brown rice and water.
3. In a medium bowl, combine brown rice, bok choy, pineapple, chicken, sweet and sour sauce, and soy sauce.
4. Transfer mixture to an 8" x 8" nonstick baking pan coated with nonstick cooking spray. Bake at 350 °F for 30 minutes. Cook to an internal temperature of 165 °F or higher for at least 15 seconds (use a food thermometer to check the internal temperature).
5. Place two lettuce leaves on a plate. Top each with 3/4 cup filling.

**Optional:** garnish with diced red peppers. Fold sides of lettuce in toward center; roll up like burrito. Place seam side down. Serve warm.



Learn more about **BOK CHOY** by scanning the QR code above or by visiting [https://extension.purdue.edu/foodlink/food.php?food=bok choy](https://extension.purdue.edu/foodlink/food.php?food=bok%20choy).



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## Nutrition Information

for 2 wraps

Nutrients	Amount
Calories	376
Total Fat	11 g
Saturated Fat	2 g
Cholesterol	23 mg
Sodium	377 mg
Total Carbohydrate	56 g
Dietary Fiber	5 g
Total Sugars	N/A
Added Sugars included	N/A
Protein	13 g
Vitamin D	5 IU
Calcium	71 mg
Iron	2 mg
Potassium	364 mg