

Purdue Extension

FoodLink

www.purdue.edu/FoodLink

BOK CHOY

Selection Info

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

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

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.

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.

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

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

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.

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.

Purdue Extension

FoodLink

www.purdue.edu/FoodLink

BOK CHOY

Selection Info

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

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

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.

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.

LF

Looking for a source of fresh local fruits and vegetables??? ...
Look here ... www.purdue.edu/foodlink/about.php

Funding provided by USDA Specialty Crop Block Grant

Purdue University Cooperative Extension Service is an equal access/equal opportunity institution.

LF

Looking for a source of fresh local fruits and vegetables??? ...
Look here ... www.purdue.edu/foodlink/about.php

Funding provided by USDA Specialty Crop Block Grant

Purdue University Cooperative Extension Service is an equal access/equal opportunity institution.

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 ½ 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 ¾ 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/foodphp/food-bok-choy>.



Share your recipes!

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

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 ½ 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 ¾ 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/foodphp/food-bok-choy>.



Share your recipes!

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