

### Get your greens on with this easy-to-use Asian veggie

**Looking for a fresh way** to get your leafy green fix this winter? Turn to bok choy. The Asian vegetable mainstay (also called *pak choi* or Chinese cabbage) has a mild, sweet flavor that lends itself to stir-fries, soups, salads, pasta dishes, and everything in between. And while there are numerous bok choy cultivars, the bouquets of crunchy green or white stems topped with tender, spinach-like leaves are interchangeable in most recipes, so you can just grab a bunch and go.

BY Victoria Abbott Riccardi

# bok choy

## Spaghetti with Bok Choy, Poached Egg, and Romano Cheese

Serves 4 | 30 minutes or fewer

In this recipe, bok choy is sautéed like Swiss chard, then folded into pasta, Italian-style. For the best texture, choose larger bunches of bok choy, which will remain crisp-tender after cooking.

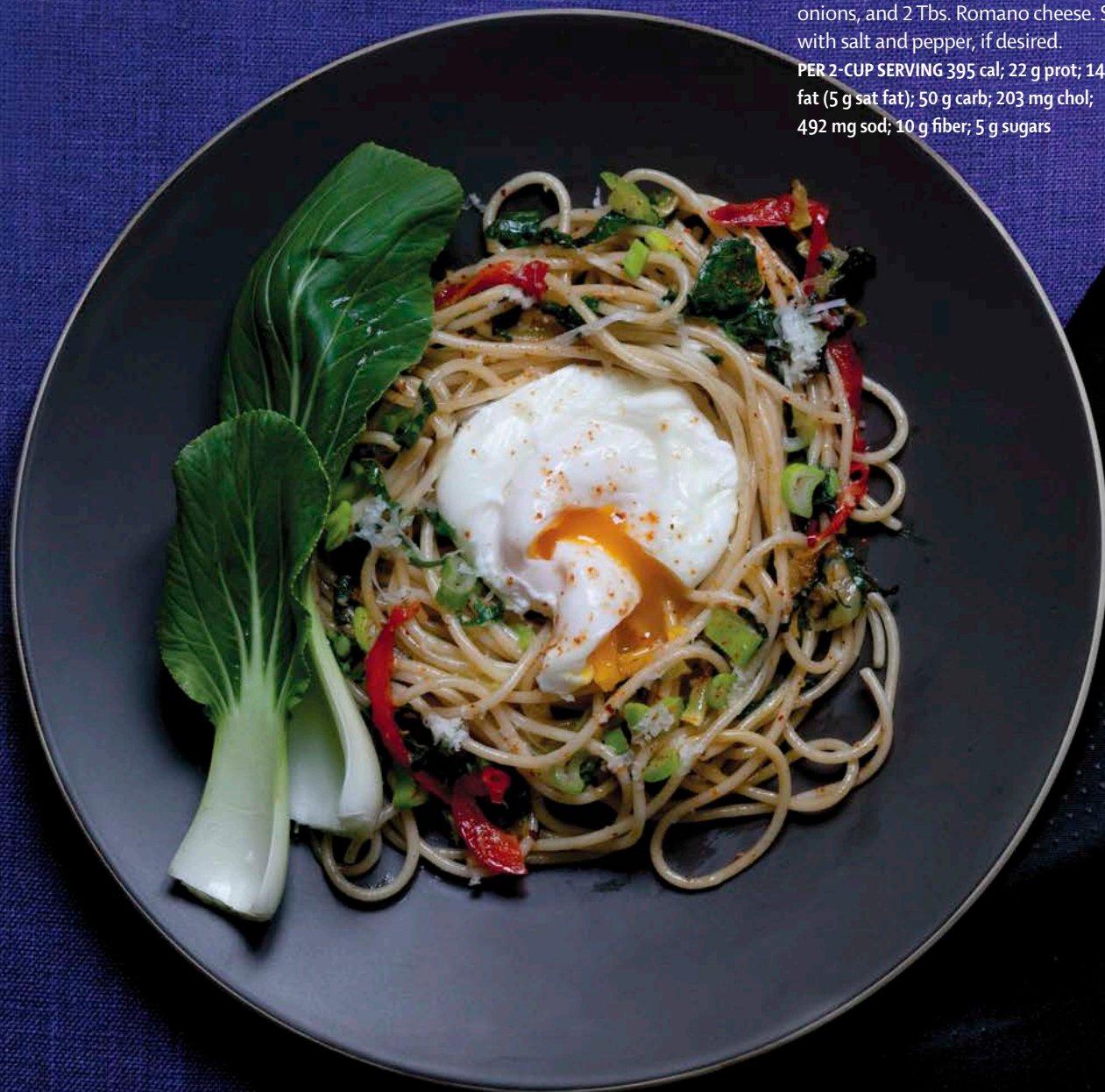
- 1 Tbs. olive oil
- 8 cups thinly sliced bok choy (about 1 lb.)
- 1 red bell pepper, thinly sliced
- $\frac{1}{2}$  tsp. red pepper flakes
- 5 cloves garlic, minced (5 tsp.)
- 1 cup low-sodium vegetable broth
- 4 large eggs
- $\frac{1}{2}$  lb. whole-wheat spaghetti
- 4 green onions, thinly sliced ( $\frac{1}{2}$  cup)
- 2 oz. grated Romano cheese ( $\frac{1}{2}$  cup)

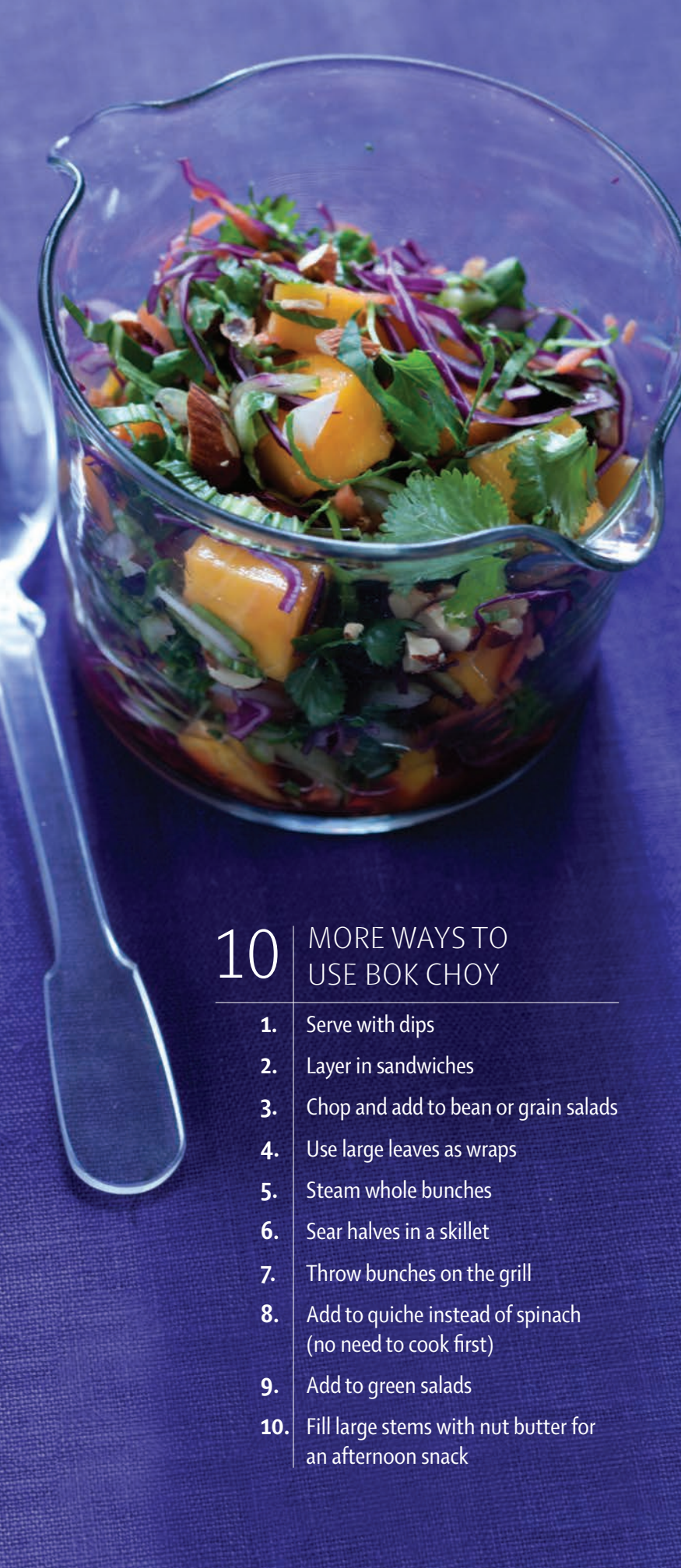
**1** | Heat oil in skillet over medium-high heat. Add bok choy, bell pepper, and red pepper flakes; sauté 8 minutes, or until vegetables turn golden. Stir in garlic, then broth. Reduce heat to medium-low, and simmer 3 minutes. Season with salt and pepper, if desired, and keep warm.

**2** | Bring skillet filled with 2 inches of water to a boil. Crack eggs into skillet; reduce heat to low, and poach 4 minutes.

**3** | Cook pasta according to package directions for al dente. Toss cooked pasta with bok choy mixture. Divide pasta among serving bowls, and top each serving with 1 poached egg, 2 Tbs. green onions, and 2 Tbs. Romano cheese. Season with salt and pepper, if desired.

**PER 2-CUP SERVING** 395 cal; 22 g prot; 14 g total fat (5 g sat fat); 50 g carb; 203 mg chol; 492 mg sod; 10 g fiber; 5 g sugars






## Winter Bok Choy Slaw

Serves 8 | 30 minutes or fewer

Raw bok choy has a milder flavor than cabbage and gives this slaw a juicy freshness. Enjoy as a side dish, or top with pan-seared tofu or tempeh for a heartier meal.

- 3 cups thinly sliced baby bok choy
- 1 cup grated carrot
- 1 cup thinly sliced purple cabbage
- 1 ripe mango, peeled, pitted, and diced
- 1 small jalapeño chile, seeded and finely chopped
- ½ cup coarsely chopped cilantro
- 2 Tbs. lime juice
- 1 Tbs. agave nectar
- 2 tsp. toasted sesame oil
- 1 tsp. low-sodium tamari
- ½ cup smoked almonds, chopped

Combine bok choy, carrot, cabbage, mango, jalapeño, and cilantro in large bowl. Add lime juice, agave, sesame oil, and tamari; toss to combine. Garnish with smoked almonds.

**PER ¼-CUP SERVING** 100 cal; 3 g prot; 5 g total fat (<1 g sat fat); 13 g carb; 0 mg chol; 89 mg sod; 2 g fiber; 9 g sugars 

## 10 MORE WAYS TO USE BOK CHOY

1. Serve with dips
2. Layer in sandwiches
3. Chop and add to bean or grain salads
4. Use large leaves as wraps
5. Steam whole bunches
6. Sear halves in a skillet
7. Throw bunches on the grill
8. Add to quiche instead of spinach (no need to cook first)
9. Add to green salads
10. Fill large stems with nut butter for an afternoon snack



### OH, BABY!

BOK CHOY COMES IN VARYING SIZES. LOOK FOR BABY OR DWARF VARIETIES WHEN USING WHOLE OR RAW IN RECIPES, BUT OPT FOR BIGGER BOUQUETS WHEN CHOPPING OR COOKING LONGER.

## Emerald Veggies with Honey-Sesame Dressing

Serves 4 | 30 minutes or fewer

A bamboo steamer is used to lightly cook an assortment of vegetables that are then tossed in a dressing with ground, toasted sesame seeds.

- 1 medium bok choy, separated into leaves ( $\frac{3}{4}$  lb.)
- $\frac{1}{2}$  lb. green beans, trimmed
- 1 cup small broccoli florets
- $\frac{1}{3}$  cup hulled sesame seeds
- 2 Tbs. low-sodium tamari
- 1 Tbs. honey
- 1 tsp. rice vinegar

**1** | Set bamboo steamer over 1 inch simmering water in large skillet. Fill medium bowl with ice water.

**2** | Arrange bok choy leaves in steamer. Cover, and steam 5 to 6 minutes, or until leaves turn bright green. Plunge bok choy into ice water. Drain, and pat dry. Slice, and transfer to serving bowl.

**3** | Arrange green beans in steamer. Cover, and steam 5 minutes, or until tender. Remove with slotted spoon, plunge into ice water, then drain, and pat dry. Cut into 1-inch pieces, and add to bok choy.

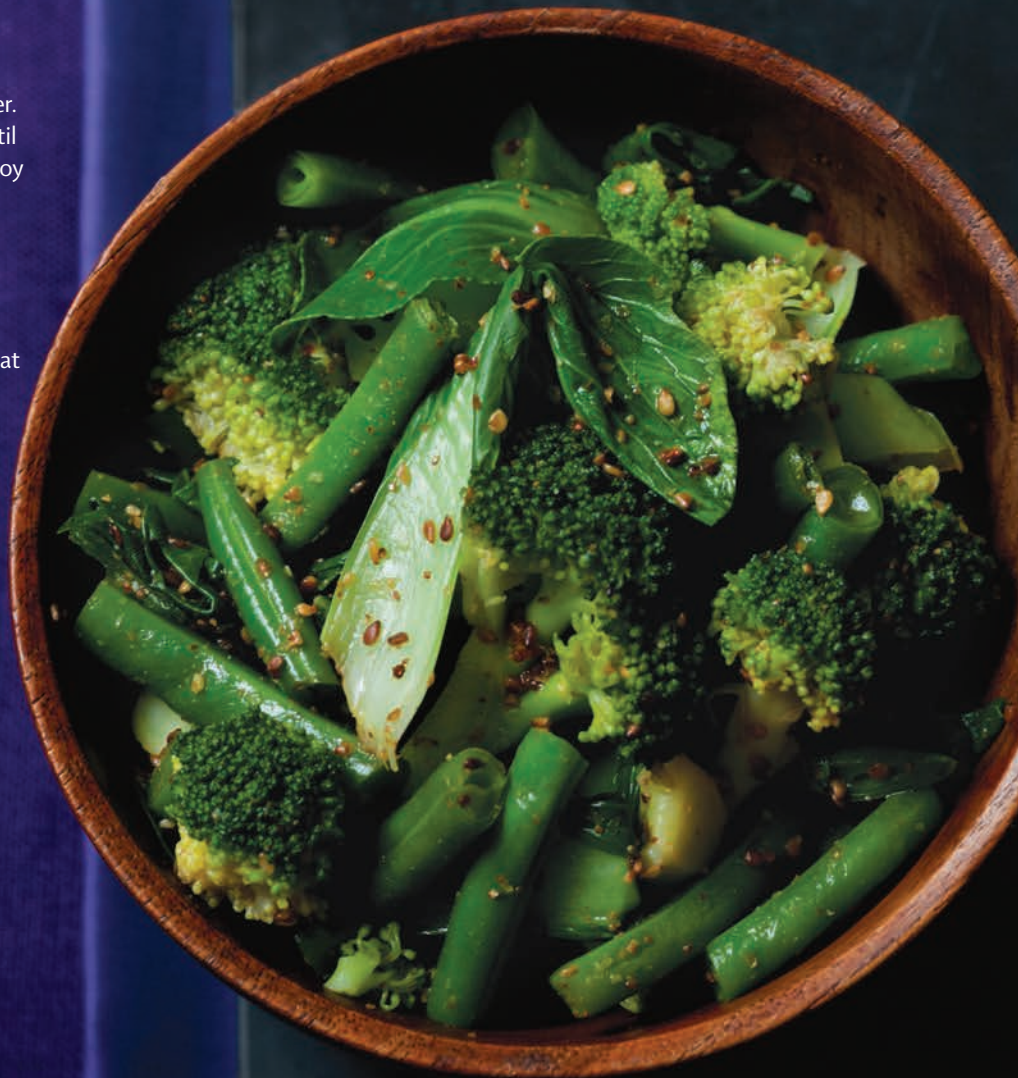
**4** | Arrange broccoli florets in steamer. Cover, and steam 3 minutes, or until tender. Plunge into ice water, then drain and pat dry. Add to bok choy mixture.

**5** | Toast sesame seeds in small skillet over very low heat 5 minutes, or until golden, gently shaking pan often. (Watch closely—seeds can scorch

quickly.) Grind toasted seeds with mortar and pestle or in food processor until just flaky, about 12 seconds. Transfer ground seeds to small bowl. Stir in tamari, honey, vinegar, and 1 Tbs. water. Toss vegetables with sesame seed dressing.

**PER 1-CUP SERVING** 127 cal; 7 g prot; 7 g total fat (<1 g sat fat); 13 g carb; 0 mg chol; 417 mg sod; 4 g fiber; 7 g sugars

*Continued on p. 82.*



## 1 Food 5 Ways: Bok Choy *continued from p. 61*

### Japanese Broth with Butternut Squash Wontons and Bok Choy

Serves 4

If you prepare the wontons ahead (cover, then refrigerate them), this soup takes only minutes to prepare.

- 1 lb. butternut squash, peeled and cut into chunks
- 1 Tbs. toasted sesame oil
- ½ tsp. red pepper flakes
- ½ tsp. ground ginger
- 6 cloves garlic, unpeeled
- ¼ cup whole-wheat panko breadcrumbs
- 20 small, round wonton wrappers
- 3 cups mushroom broth
- 4 baby bok choy, thinly sliced on bias
- 2 Tbs. low-sodium tamari
- 2 Tbs. mirin
- 6 green onions, thinly sliced

**1** | Preheat oven to 400°F. Toss squash with oil, red pepper flakes, and ground ginger in bowl. Spread squash and garlic in single layer on baking sheet. Roast 45 minutes, or until soft. Cool 10 minutes, then peel garlic.

**2** | Place squash and garlic in food processor, and purée until smooth. Transfer to bowl, and stir in breadcrumbs. Season with salt and pepper, if desired.

**3** | Lay 1 wonton wrapper on work surface. Moisten edges of wonton wrapper with water. Spoon 2 tsp. squash mixture in center of wrapper, and press edges together to create half-moon. Repeat with remaining wrappers and filling.

**4** | Arrange wontons in both baskets of double-decker bamboo steamer. Bring 1 inch water to a simmer in large skillet; set steamer in skillet, and steam dumplings 5 minutes, or until tender.

**5** | Meanwhile, bring broth and 3 cups water to a boil in large pot, stir in bok choy, and simmer 2 minutes, or until greens are crisp-tender. Stir in tamari and mirin, cover, and keep warm.

**6** | Place 5 dumplings in each soup bowl, and ladle broth and bok choy over top. Garnish each serving with green onions.

**PER SERVING (2 CUPS SOUP AND 5 WONTONS)**  
256 cal; 9 g prot; 4 g total fat (<1 g sat fat); 45 g carb; 4 mg chol; 1,036 mg sod; 6 g fiber; 6 g sugars

### Stir-Fried Bok Choy with Tofu and Black Beans

Serves 4



This stir-fry is usually made with super-salty fermented black beans. We've substituted plain black beans to give the dish body without the extra sodium.

- 1 16-oz. pkg. firm tofu, drained
- 2 Tbs. hulled sesame seeds
- 4 tsp. toasted sesame oil, divided
- 1½ lb. large bok choy, chopped (9 cups)
- 2 Tbs. minced fresh ginger
- 3 cloves garlic, minced (1 Tbs.)
- ½ cup cooked black beans
- 2 Tbs. low-sodium tamari
- 2 tsp. dark brown sugar
- 1 tsp. chile-garlic sauce

**1** | Place tofu between 2 cutting boards; tip boards over sink edge to let excess liquid drain off 30 minutes. Cut tofu into bite-size cubes, and roll cubes in sesame seeds in bowl.

**2** | Heat 2 tsp. sesame oil in nonstick skillet over medium-high heat. Add tofu, and cook 10 minutes, or until golden brown, turning occasionally. Set aside.

**3** | Heat remaining 2 tsp. oil in wok or large skillet over high heat. Add bok choy; stir-fry 4 minutes. Add ginger, garlic, and black beans; stir-fry 2 minutes more. Stir in tamari, brown sugar, and chile-garlic sauce. Fold in tofu.

**PER 1-CUP SERVING** 236 cal; 17 g prot; 13 g total fat (2 g sat fat); 16 g carb; 0 mg chol; 546 mg sod; 6 g fiber; 4 g sugars  

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*Victoria Abbott Riccardi is a food and travel writer and author of Untangling My Chopsticks: A Culinary Sojourn in Kyoto.*