



Bok Choy

Description: bok choy is a type of cabbage with green leafy tops and a white bulb-like bottom.

Benefits: bok choy is rich in fiber, vitamin A, vitamin C, and vitamin K. It also has folate, vitamin B6, and calcium.

How to eat: you can eat bok choy raw, but you can also steam, sautee, or stir-fry.



How to store: bok choy will keep in the fridge for up to a week. You can also boil for 2 minutes, rinse in cold water, and then freeze.

For recipe ideas, visit:
[website]