

Bok Choy

- Slice off bottom root end, remove stems from leafy greens. Stems take longer to cook than leaves.
- Use raw, sauté, braise or steam. Add to soups, use on sandwiches, or incorporate into stir-fry with Asian flavors.
- Eat quickly! (3-5 days)

To store: keep unwashed in dry plastic bags loosely sealed in fridge. For longer storage stalks can either be cleaned and placed uncooked in an airtight bag, or blanched first.

