

BOK CHOY

Bok choy has green leaves and white midribs. Baby bok choy has green midribs and leaf bases. All are used in stir-fried dishes with meat and other vegetables. The stems and leaves are also good in soups and fresh salads.

Asian Vegetable Guide:

<http://ucanr.org/u.cfm?id=50>



UNIVERSITY OF CALIFORNIA COOPERATIVE EXTENSION
FRESNO COUNTY
1720 S. MAPLE AVENUE
FRESNO, CA
(559) 600-7285



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SPICY SHRIMP AND BOK CHOY NOODLE SOUP

Serves 4

INGREDIENTS:

- 3 tablespoons vegetable oil
- 2 teaspoons crushed red pepper flakes
- 4 cloves garlic, chopped
- 2 inches ginger root, pelled and grated
- 1/2 lb brown mushrooms, sliced
- 1 bok choy, trimmed and cut into 3" pieces
- 1 quart low sodium chicken broth
- 1 cup clam juice
- 1 lb medium shrimp, peeled and deveined
- 8 ounces vermicelli (thin spaghetti)
- 4 green onions, cut into 3" pieces, then shredded into thin strips

DIRECTIONS:

1. In stockpot, heat oil, crushed red pepper, garlic, ginger, mushrooms, and bok choy.
2. Add chicken broth and clam juice. Cover and bring soup to a boil.
3. Add shrimp and vermicelli; cook 3 minutes.
4. Serve sprinkled with green onions.



NUTRITION FACTS PER SERVING:

Calories 408 kcal; Total Fat 15 g; Saturated Fat 2.5 g; Cholesterol 227 mg; Sodium 480 mg; Carbohydrate 28 g; Dietary Fiber 2.75 g; Sugar 3 g; Protein 41 g

