



BABY BOK CHOY, 3 WAYS

→ *Sweet, crunchy and mild, this versatile veggie is a delicious source of vitamins A and C.*

RECIPES BY LARAIN PERRI

2



- RED CABBAGE
- APPLE
- GINGER
- DIJON MUSTARD
- MAPLE SYRUP
- VEGETABLE OIL
- LEMON JUICE

1 Baby Bok Choy Frittata

SERVES 6

Heat oven to 400°. In a medium bowl, whisk 8 large eggs and 2 tbsp chopped fresh mint. Season with salt and pepper. In a 10-inch ovensafe nonstick skillet over medium heat, heat 2 tbsp olive oil. Add 2 sliced shallots; sauté 2 minutes. Add ½ lb baby bok choy, sliced into 1-inch ribbons; toss, cover and cook 2 minutes. Reduce heat to low; add egg mixture and cook 3 minutes. Cut 2 oz roasted red pepper into ¼-inch strips and scatter over top. Sprinkle with 3 oz crumbled goat cheese. Transfer to oven; bake until set, about 12 minutes. Sprinkle with chopped mint.

NUTRITION INFO 195 calories per serving, 15 g fat (6 g saturated), 2 g carbs, 0 g fiber, 12 g protein

2 Baby Bok Choy, Apple and Red Cabbage Slaw

SERVES 4

In a large bowl, whisk 2 tbsp lemon juice, 1 tbsp vegetable oil, 2 tsp pure maple syrup, 1 tsp Dijon mustard and 1 tsp chopped fresh ginger. Season with salt and pepper. Add 1 small red apple cut into matchsticks; toss. Add ½ lb thinly sliced baby bok choy and 1 cup shredded red cabbage. Toss well; serve immediately.

NUTRITION INFO 69 calories per serving, 4 g fat (0 g saturated), 9 g carbs, 2 g fiber, 1 g protein

3 Roasted Baby Bok Choy and Salmon With Miso Vinaigrette

SERVES 4

Heat oven to 450°. In a small bowl, combine 4 tsp vegetable oil; 2 tsp white miso; 2 tsp rice wine vinegar; 1 tsp each toasted-sesame oil, honey and water; and a grind of black pepper. Arrange 4 salmon fillets (5 oz each) on a parchment-lined baking sheet; brush with 1 tsp sesame oil. Arrange 12 oz halved baby bok choy, cut side down, on a second lined baking sheet. Coat with 1 tbsp sesame oil. Season with salt and pepper; transfer to oven, placing salmon on top rack and bok choy below. Roast until salmon is just cooked through and bok choy is lightly charred, about 8 minutes. Drizzle with vinaigrette; sprinkle with sliced scallions.

NUTRITION INFO 314 calories per serving, 20 g fat (3 g saturated), 4 g carbs, 1 g fiber, 30 g protein