

Bok Choy Salad

A crisp, refreshing raw bok choy salad with citrus and herbs. Perfect as a light side dish!

Makes: 4 Servings
 Prep Time: 15 minutes
 Cook Time: 0 minutes

Source: Food hero

Ingredients

- 1 ½ cups finely chopped bok choy (about 4 leaves)
- 1 ½ cups finely chopped napa cabbage (about 6 leaves)
- 3 green onions, chopped or ¼ cup chopped onion (any type)
- ½ to 1 cup chopped cilantro
- 1 ½ to 2 Tablespoons lemon juice
- 1 teaspoon vegetable oil
- ⅛ teaspoon salt

Directions

1. Wash hands with soap and water.
2. Rinse fresh fruits and vegetables under running water before preparing.
3. In a large bowl, mix together bok choy, napa cabbage, green onion and cilantro.
4. In a small bowl, stir together lemon juice, oil and salt.
5. Pour dressing on the vegetables and toss until mixed. Serve right away.
6. Refrigerate leftovers within 2 hours.



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 1/4 of recipe	
Nutrients	Amount
Calories:	25
Total Fat:	1.5g
Saturated Fat:	0g
Cholesterol:	0mg
Sodium:	95mg
Total Carbohydrates:	3g
Dietary Fiber:	1g
Total Sugars:	1g
Added Sugars:	0g
Protein	1g

Utensils Needed

- Sharp knife
- Cutting board
- Large bowl
- Mixing spoon
- Measuring spoons
- Measuring cups
- Small bowl



SHOPPING LIST

Average total cost without oil and seasonings: \$12.94

Average cost/serving: \$3.24

Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Bok Choy



Add 1 to Cart
Napa Cabbage



Add 1 to Cart
Bunch green onions



Add 1 to Cart
Cilantro

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- Add shredded carrot or radish for extra crunch
- Use lime juice instead of lemon for a different flavor
- Top with sunflower seeds or chopped peanuts

