



Local Food Program

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Bok Choy Salad

Serves 8

Ingredients

- > 1/4 cup of olive oil
- > 2 tablespoons white vinegar
- > 3 tablespoons white sugar
- > 1 1/2 tablespoons soy sauce
- > 2 bunches baby bok choy, cleaned and chopped
- > 3 green onions, sliced
- > 1/8 cup slivered almonds, toasted
- > Half of a 5-ounce container chow mien noodles
- > Optional: bacon crumbles as desired

Instructions

1. In a glass jar with a lid, add the olive oil, vinegar, sugar and soy sauce. Close the lid and shake until well mixed.
2. Combine the bok choy, green onions, almonds, chow mien noodles and bacon crumbles (if desired) in a salad bowl. Toss with the dressing. Serve immediately.

Substitutions

- > The bok choy can be substituted with around 4 cups of other leafy greens, such as kale, spinach or lettuce.

Storing Bok Choy

- > Store the bok choy in a plastic bag in the refrigerator crisper, where it will keep for up to a week.

Nutrition Facts	Amount/serving	% DV	Amount/serving	% DV	Amount/serving	% DV
	Total Fat 9g	14%	Sodium 296mg	12%	Vitamin A	14%
Saturated Fat 1g	6%	Potassium 92mg	3%	Vitamin C	18%	
Monounsaturated Fat 6g		Total Carbohydrate 12g	4%	Calcium	3%	
Polyunsaturated Fat 1g		Dietary Fiber 1g	3%	Iron	5%	
Trans Fat 0g		Sugars 6g				
Cholesterol 0mg	0%	Protein 2g	4%			
Calories						
135						



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