



Local Food Program

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## Bok Choy Salad

Serves 6

### Ingredients

- > 1/4 cup of olive oil
- > 2 tablespoons white vinegar
- > 2 tablespoons white sugar
- > 1 1/2 tablespoons reduced-sodium soy sauce
- > 4 cups (about 2-3 bunches) baby bok choy, cleaned and chopped
- > 3 green onions, sliced
- > 1/4 cup slivered almonds, toasted
- > 2 ounces of chow mein noodles

### 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, and chow mein noodles 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
	<b>Total Fat</b> 14g	<b>22%</b>	<b>Sodium</b> 250mg	<b>10%</b>	Vitamin A	<b>45%</b>
6 servings per recipe	Saturated Fat 2g	<b>10%</b>	<b>Total Carbohydrate</b> 13g	<b>4%</b>	Vitamin C	<b>35%</b>
	Trans Fat .5g		Dietary Fiber 2g	<b>8%</b>	Calcium	<b>6%</b>
Amount per serving	<b>Cholesterol</b> 0mg	<b>0%</b>	Sugars 5g		Iron	<b>6%</b>
<b>Calories</b>			<b>Protein</b> 3g			
<b>180</b>						



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