

Two Easy Bok Choy Side Dishes

Bok choy is an ancient Asian green so often overlooked in the market field but it's delicious and so easy to prepare. Bok choy has a light, sweet flavor, crisp texture, and high nutritional value. High in vitamin A, vitamin C and calcium, and low in calories, we think you'll find it to be a solid addition to your weekly menu. There are two easy recipes on this card and we hope you'll try them both!

While we're waiting for the carrots and celery to be ready for harvest, try adding in shiitake mushrooms to either recipe. They don't give off much water while cooking and add a nice depth to the flavor of both recipes.

RECIPE 1: QUICK STIR-FRIED BOK CHOY INGREDIENTS & DIRECTIONS

- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 tablespoon minced fresh ginger
- 8 cups chopped fresh bok choy
- 2 tablespoons reduced-sodium soy sauce
- Salt and ground black pepper

Heat oil in a large skillet over medium heat. Add garlic and ginger and cook 1 minute. Add bok choy and soy sauce cook 3 to 5 minutes, until greens are wilted and stalks are crisp-tender. Season, to taste, with salt and black pepper.



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RECIPE 2: WARM BOK CHOY AND BEET SALAD

INGREDIENTS & DIRECTIONS

- 4 beets, greens removed to within 1" length
- 4 cloves garlic, chopped, divided
- 1 teaspoon olive oil
- 3 heads baby bok choy, chopped
- 2 tablespoons peanut oil
- 1½ teaspoons butter or ghee
- ½ cup crumbled feta cheese

Preheat an oven to 425°. Place the beets, ¼ of the chopped garlic, and the olive oil on a piece of heavy aluminum foil; fold the foil around the beets into a sealed packet.

Roast beets in the preheated oven until easily pierced with a fork, 40 minutes to 1 hour. Let beets cool just until they can be handled, then rub with a paper towel to remove skins. Chop into 1/2-inch cubes; set aside.

Heat the peanut oil and butter in a heavy skillet over medium-high heat. Cook and stir bok choy and the remaining garlic together until bok choy is slightly softened but still crunchy, about 5 minutes. Remove from heat; stir in the beets and the feta.

Serve warm.

Market Shopping List

- Beets (June-Oct) - 18th C. Purity, Apis Verdi, Blueberry Hill Organics, Bluebird Hill, Colgan, CT Valley, Easy Pickins, Oxen Hill, Riverview, Wayne's Organic
- Bok Choy (June-Oct) - 18th C. Purity, Blueberry Hill Organics, Colgan, CT Valley, Easy Pickin, Oxen Hill, Riverview, Wayne's Organic
- Feta (June-Oct) - Beltane Farm
- Garlic (June-Oct) - 18th C. Purity, Apis Verdi, Blueberry Hill Organics, CT Valley, Oxen Hill, Riverview, Wayne's Organic
- Ghee (June-Oct) - from guest vendor FarmTrue Ghee
- Olive Oil (June-Oct) - Ariston, Capa di Roma

Ginger, Soy Sauce, SAlt, Pepper, Peanut Oil - **Highland Park Market of Coventry - Bring this card to the Coventry store for a FREE Morton Iodized Salt (26oz). Offer valid June 24 - July 8, 2018 (PLU15)**