



Bok Choy

Cabbage comes in many more shapes than light green or dark purple globes. Bok choy – or pak choi – is one of the looser leaf styles of cabbage.



Nutrition

- Bok choy is a source of vitamins and minerals, including several B-vitamins, calcium, and iron.
- One cup of shredded raw bok choy contains just 10 calories, 2g carbohydrates, 1g protein, and very little fat.



Shopping

- Find both baby and full-sized bok choy at stores and local farms.
- Look for bok choy that have firm, bright green leaves and a firm, white stem. Do not buy those with limp or discolored leaves.



Price

Bok choy prices will vary by store and local farms. Like other cabbages, even a small bok choy produces a lot of food once cut up.

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Storage

- Place bok choy in the refrigerator, unwashed, for best quality.
- Wrap loosely in a food-safe plastic bag, or add to a food-safe storage container big enough to fit the cabbage.
- For longer storage, try freezing bok choy with instructions from the "National Center for Home Food Preservation" at nchfp.uga.edu.



Preparation

- Bok choy has many layers, which allows soil to find space between the leaves. Wash bok choy before eating, paying attention to remove soil.
- Cut full-sized bok choy into bite-sized pieces or the size called for in a recipe.
- Baby bok choy can also be cut into small pieces, though some recipes may call for simply cutting the bok choy in half or into quarters.



Eat

- Bok choy has a very mild flavor on its own, making it a great candidate for recipes with lots of flavors, like garlic, ginger, and chilis.
- Bok choy work well as a stir-fry veggie or roasted in a hot oven.
- The white stems are crunchy with a subtle sweetness that would work well in coleslaw. The greens can be eaten raw too, but know they have a slight bitter taste.

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