

Health Benefits of Bok Choy



Bok choy is a type of Chinese cabbage, and falls within the cruciferous vegetable family with broccoli, cauliflower and other cabbages. Like it's cruciferous brothers, it contains sulfur compounds that protect against cancer. It is rich in nutrients like antioxidants beta-carotene and vitamin C which fight free radicals known to contribute to aging and disease. Although Bok choy originated in China, it can be found in around the world, and in most US grocery stores.

WHAT MAKES BOK CHOY GREAT?

Nutrition

1 cup raw or 1/2 cup cooked Bok choy contains 9 Calories, 1 gm protein, 1 gm fiber, 0.1 gm fat and no cholesterol.

Powerful Antioxidants and Flavonoids

Powerful antioxidants and flavonoids like lutein, beta-carotene, vitamin C and quercetin can fight off free radicals and reduce inflammation to prevent chronic disease. Eating Bok choy may help lower your risk for developing cancer.

Vitamins

Bok Choy is rich in vitamins and minerals including vitamins E, K and B6. Vitamin E fights free radicals, supports immune function and keeps arteries clear. Vitamin K is important for blood clotting and wound healing and building bone cells.

Vitamin B6 is involved in more than 100 reactions in the body like protein metabolism, neurotransmitter production and maintaining normal levels of homocysteine. Excess homocysteine can be damaging to blood vessels and increase the risk of cardiovascular disease.

Riboflavin (B2) found in Bok choy is important for cellular growth and development, energy production and fat metabolism.

Minerals

Bok choy contains calcium and magnesium which both contribute to bone health and muscle contraction, especially the heart muscle. Iron in Bok choy is necessary for red blood cell formation and circulation of oxygen to the tissues.

Bok choy is also a good source of potassium and low in

sodium, making it an excellent choice for preventing or controlling high blood pressure.

Folate and Prevention of Birth Defects

Folate is important for building DNA and RNA. During pregnancy, folate needs double as insufficient folate can lead to birth defects like spina bifida and anencephaly. Bok choy can help increase dietary folate intake for women who are pregnant or thinking of becoming pregnant.

Folate deficiency is also associated with megaloblastic anemia, a condition in which the bone marrow produces immature red blood cells which cannot carry oxygen to tissues. This type of anemia could also be caused by a B12 deficiency.

BUYING AND USING BOK CHOY

Buying

When choosing Bok choy, select bundles with firm stalks and crisp leaves. Larger leaved bundles are great for soups while smaller ones with are better for stir frying or consuming raw.

Store Bok choy unwashed in a perforated plastic bag in the refrigerator. This cabbage wilts faster than a cabbage heads so use within 2-3 days. Separate leaves and wash well before slicing.

Using

Because of its mild flavor, Bok choy can be used in many dishes, raw or cooked. Shred raw into salads or use as a wrap for beans. Stir fry, steam, grill or toss into soups.



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Bok choy cooks quickly within 3-5 minutes depending on the recipe. When cooked correctly, it will have a mild, sweet flavor, but if overcooked it may become mushy.

REFERENCES

<https://ods.od.nih.gov/factsheets/forVitaminsandminerals>

Garlic Baby Bok Choy Stir Fry

thewoksoflife.com

Ingredients:

1 pound baby Bok choy	1/8 tsp sugar
2 tbs oil	Salt and pepper
5 garlic cloves	to taste

Directions:

1. Trim the bottoms off each bundle of Bok choy and split them in half or quarters.
2. Wash thoroughly with cold water. Shake off excess water and transfer to a colander to drain.
3. Heat a wok or pan over high heat and add 2 tablespoons oil. Swirl around the oil so the wok is coated. Add the garlic and immediately add the Bok choy. Move quickly to stir and sauté the greens in the oil and garlic.
4. Once the vegetables begin to wilt, about 30 seconds, add salt, pepper, and sugar.
5. Plate and serve immediately.

Bok Choy Salad with Sesame Dressing

whiteplateblankslate.com

Ingredients:

1 clove fresh garlic, pressed through garlic press
 6 Tbsp. rice vinegar
 2 Tbsp. maple syrup
 2 Tbsp. low-sodium soy sauce
 2 Tbsp. toasted sesame oil
 2 Tbsp. canola oil
 2 tsp. toasted sesame seeds
 2 medium baby bok choy, sliced on a diagonal
 1 medium carrot julienned
 2 Tbsp. peanuts, toasted and coarsely chopped
 1 scallion, thinly sliced on a diagonal

Directions:

1. In small bowl, combine garlic, rice vinegar, maple syrup, soy sauce, sesame and canola oil. Stir.
2. In medium bowl, combine the Bok choy, carrot, peanuts and scallions. Drizzle dressing over and toss to combine.

Bok Choy & Wild Mushroom Soba Noodle Soup

simple-veganista.com

Ingredients:

1 package (9 oz) soba noodles (wheat or buckwheat)
 4 oz shiitake or other mushrooms, chopped
 2 to 3 baby Bok choy, ends trimmed
 2 to 3 tablespoons miso paste or veggie broth
 4 cups water
 2 to 4 oz tofu, cubed (optional)

Garnish:

2 scallions, sliced
 fresh cilantro sprigs, chopped
 sesame seeds
 red pepper flakes (optional)

Directions:

1. Cook soba noodles according to package, rinse under cool water, set aside. Buckwheat noodles are gluten-free.
2. In a wok or medium pan, heat ¼ cup water over medium-high heat. Add mushrooms and stir fry for 4 – 5 minutes.
3. Reduce heat to medium and pour 4 cups of water and Bok choy into the pan. Add miso (or broth) and stir gently to dissolve.
4. Cook over medium to medium-low heat for 10 -15 minutes, or until Bok choy is tender, stirring occasionally. Add the optional tofu to the soup to warm through. Do not let soup boil.
5. In individual serving bowls, add ½ soba noodles and top with Bok choy and mushroom mixture. Top with sliced scallions, cilantro and a sprinkle of sesame seeds.