

Bok Choy

How to Select and Prepare Bok Choy

When choosing bok choy, look for firm stalks and dark-green, crisp leaves. Avoid those that are wilted or soft. Bok choy can be stored, dry, in your refrigerator for several days. To prepare, trim off the base and any discolored leaves. Separate the stalks and wash them under cold running water.

While both the stalks and the leaves can be consumed, it's best to cook them separately, as the stalks will take longer to cook. Avoid overcooking, as cabbage of all kinds is best prepared as close to raw as possible, sometimes called tender-crisp, to preserve its many nutrients. Short-cooked and raw cabbage, for instance, were the only kind that had measurable cancer-preventive benefits in one study (long-cooked cabbage did not have measurable benefits!).

Microwaving is another no-no for bok choy, as just two minutes in the microwave destroys many of the enzymes needed to convert the glucosinolates into cancer-preventive compounds. Bok choy can be used in place of red or green cabbage in recipes, as well as eaten raw (such as in salads, coleslaw, or juicing). You can also use bok choy as a base when making fermented vegetables (although, in the US, it tends to be more expensive than green cabbage).

<http://articles.mercola.com/sites/articles/archive/2014/06/21/bok-choy-health-benefits.aspx>

Quick Stir Fry Directions

Heat the oil in a large skillet or wok over medium heat, and cook the garlic until fragrant (can also try with ginger), 1 to 2 minutes.

Mix in the bok choy, and cook and stir until the green parts of the leaves turn bright green and the stalks become slightly translucent, 5 to 8 minutes. Sprinkle with salt to serve or serve over a bed of brown rice

