NAME OF DISH

CRUNCHY BOK CHOY SLAW

INGREDIENTS

* 1/4 cup of rice vinegar
* 1 tablespoon of toasted sesame oil
* 2 teaspoons of sugar
* 2 teaspoons of Dijon mustard
* 6 cups of very thinly sliced bok choy, (about a 1 pound head, trimmed)
* 2 medium carrots, shredded
* 2 scallions, sliced thinly

INSTRUCTIONS

Whisk vinegar, oil, sugar, mustard and salt in a large bowl until the sugar dissolves. Add bok choy, carrots and scallions; toss to coat with the dressing.

NUTRITIONAL INFORMATION

Serving size: ¾ cup

Per serving: 34 calories; 2 g fat (0 g sat); 1 g fiber; 4 g carbohydrates; 1 g protein; 43 mcg folate; 0 mg cholesterol; 3 g sugars; 1 g added sugars; 37 mg sodium; 202 mg potassium

EASY SUBSTITUTIONS

**Rice Vinegar** - Often used in Asian recipes, rice vinegar adds a sweet, mild snap to dressings, marinades, stir-fries and more. If you don’t have it in the cupboard, a substitute for one tablespoon of rice vinegar is one tablespoon of white wine vinegar, plus 1/4 teaspoon of sugar, or one tablespoon of apple cider vinegar, plus 1/4 teaspoon of sugar.

**Sesame Oil** - Substitute an equal amount of peanut oil or olive oil for sesame oil in your recipe. Make your own sesame oil! Heat vegetable or canola oil in a skillet over medium-high heat. Use 1/2 teaspoon of oil for every tablespoon of sesame oil you need. Add sesame seeds to the pan and sauté for a few minutes. You will need 1 1/2 teaspoons of sesame seeds for every tablespoon of sesame oil. Add a handful of roasted peanuts to your dish along with any other type of cooking oil. Although peanuts do not have the same flavor, they can add a nutty taste to your food that is similar to sesame seed oil.

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