

FUEL **UP**

Choose Bok Choy

A type of Chinese cabbage, it's an excellent source of antioxidants that help protect the immune system. Available as full-sized or baby bok choy, it's fantastic eaten raw or cooked.

BOOST TEXTURE

Add cut bok choy to your salad for a new layer of texture.

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FILL UP

Fill raw bok choy stalks with anything you would use to fill celery sticks – nut butter, guacamole, or hummus.

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STIR-FRY

Make an Asian-inspired stir-fry using chicken or tofu, snow peas, peppers, onions, and bok choy.

