

Apple Bok Choy Salad

This recipe is a unique and fun way to prepare Bok Choy in a light but boldly flavored side dish!

YIELD	PREP TIME	TOTAL TIME
8 SERVINGS	25 min	30 min

INGREDIENTS

6 Cups	Bok Choy, finely chopped
1 medium	Apple, any variety, shredded
1 medium	Carrot, shredded
½ cup	Red Onion, diced
¼ cup	Raisins
¼ cup	Extra Virgin Olive Oil
¼ cup	Apple Cider Vinegar
1 Tbsp	Honey
1 tsp	Dijon Mustard
¼ tsp	Salt

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Finely chop the Bok Choy, shred the apple and carrot, and chop the red onion. Add to a large mixing bowl with the raisins.
3. Combine the olive oil, apple cider vinegar, honey, Dijon mustard, and salt in a blender and blend until smooth. Alternatively, add the dressing ingredients to a jar or container with a tight-fitting lid and shake once sealed to combine.
4. Pour the dressing over the salad and toss to coat. Enjoy immediately or store in a sealed container for up to a few days in the refrigerator.



CHEF'S NOTES

This recipe uses both Bok Choy and apples which are in peak season during the fall months. Bok Choy is an amazing source of vitamin C – one serving of this dish provides more than the one day recommended dietary allowance (RDA)!

The best way to chop the Bok Choy is to roll the leafy part up and then chop finely, this will create nice thin pieces. And to prevent the shredded apple from browning too much, you can shred them last. Using a sweeter apple will provide a nice balance to the tangy dressing!

Nutrition Facts

8 servings per container

Serving Size 1 Cup (235 g)

Amount per serving

Calories 130

% Daily Value *

Total Fat 7g 9%

Saturated Fat 1g 5%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 125mg 6%

Total Carbohydrate 16g 6%

Dietary Fiber 3g 11%

Total Sugars 8g

Includes 2g Added Sugars 4%

Protein 2g 5%

Vitamin D 0mcg 0%

Calcium 170mg 13%

Iron 0.09mg 0%

Potassium 500mg 11%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

