

Cleveland County Kitchen
April 2018
Food of the Month – Bok Choy
Chef Nancy Fichter
Chef's Recipe



BOK CHOY SALAD

INGREDIENT	VARIATION	NOTES
1 Head of Bok Choy (approx. 1lb) or 7-8 baby Bok Choy	Mix with other dark leafy greens like Kale or Spinach	Sliced in 1 in pieces
Red pepper	Any pepper variety	Thinly sliced
Red Onion	Green onion	Thinly sliced
Carrots		Shredded
Peanuts	Other nut varieties	Chopped

Instructions

1. Place ingredients in a bowl and toss with your favorite Asian or other type of vinaigrette.

ASIAN VINIGRETTE

INGREDIENT	VARIATION	NOTES
1-2 garlic cloves		Crushed
1 tbsp. fresh ginger		Shredded
1 tsp soy sauce	Liquid amino acids	
1 tbsp. mustard	Hot or whole grain	
2-3 tbsp rice vinegar	Other vinegars, lemon juice	
¼ cup sesame oil	Other oils, like peanut or olive	
Red Chile paste to taste	Black pepper	Optional to add heat

Instructions

1. Combine all ingredients and blend until mixed thoroughly.

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NC Cooperative Extension
 Cleveland County Center
 130 South Post Road, Suite 1
 Shelby, NC 28152
 704-482-4365
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Hummus

Ingredient	Variation	Notes
¾ cup chickpea flour	15 oz can of chickpeas	
2 cups water	Vegetable broth	
2-3 cloves of garlic		crushed
3-4 tbsp. tahini		
½ tsp. cumin	Other spices	Optional
3-4 tbsp. olive oil +		
Salt and pepper to taste		

Instructions

1. Bring water or broth to a boil in a medium sauce pan
2. Add the chickpea flour, stirring continually, cook until thickened, let cool.
 If you are using chickpeas, puree until smooth in a food processor
3. Once cool, place in food processor, add garlic, cumin, and tahini. Start the processor, blend all the ingredients and slowly add the olive oil. Add salt and pepper to taste.

Notes

1. Use as a dip for raw Bok Choy and other vegetables.

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BOK CHOY WITH GARLIC

Ingredient	Variation	Notes
1 head of Bok Choy (approx. 1 lb.) or 7-8 heads of baby Bok Choy		Make sure to thoroughly clean the Bok Choy. If using mature Bok Choy, separate stalks
1-2 cloves of garlic	Can add 1 tsp fresh ginger	Crushed
1 tbsp. Olive oil	Can use sesame oil	
Salt and pepper to taste	Can use soy sauce or liquid aminos	To add a little kick you can add red chili paste to taste

Instructions:

1. Heat the olive oil in skillet pan over medium heat.
2. Add crushed garlic and sauté for 1 minute, just enough to fragrant the oil.
3. Add Bok Choy, sauté for 1-2 minutes and then cover with a lid.
4. Continue cooking Bok Choy until leaves are wilted and stalks are translucent.
5. Remove from pan and enjoy.

Note:

1. Usually there is a little bit of liquid (with big flavor) in the pan. This can be poured directly over the Bok Choy or thickened with a little bit of cornstarch.
2. The Bok Choy can also be grilled. Brush the oil on the Bok Choy prior to placing on grill.

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