

# Food *for* Thought

## **Bok Choy Salad**

*High in vitamin A, C, potassium and calcium. Leaves are higher in vitamin content and flavor, than stalks. Taste is similar to Swiss chard or romaine lettuce.*

- ¼ cup water
- 1 tbs. honey
- ½ lemon, juiced
- 2 tbs. soy sauce or tamari
- 2 tbs and 2 tsp. olive oil
- 1 medium head bok choy sliced
- ½ green onion diced
- ½ cup slivered almonds or pine nuts
- 1 tsp. powdered ginger or 1 tbs. fresh grated ginger

1. Mix water, lemon, soy sauce, honey, olive oil, ginger in small bowl
2. In medium serving bowl, toss together bok choy and onions. Add dressing and nuts and mix together.
3. Served at once or chill.

