

Pak Choi Stir Fry

Recipe by Audrey Sun, Public Health-Global Health: Nutritional Sciences Major, UW Farm Fall Nutrition Education intern.



Photo from [Recipe Land](http://RecipeLand.com)

This week's featured ingredient is [Pak Choi](http://RecipeLand.com), another Cruciferous vegetable and member of the Brassica genus. Pak Choi has many romanized versions of its Chinese name including Bok Choy, Pac Choi, or even Pok Choi. The crop evolved in China where it has been cultivated since the 5th century, but is now being grown globally particularly because of its ability to thrive in colder climates.

The recipe in this newsletter features a wonderfully salty, slightly sweet vegetable and tofu stir fry. This dish is a variation of common stir fry's that I grew up eating in my native Korea. My mom is a big reason why I believe that cooking can be extremely flexible and accessible.

You can literally use any veggies/protein in this stir fry depending on what you have in the fridge. It is not limited at all to the ingredients below. It is simply a guideline for what you can do. The best way to improve your cooking skills is to practice and experiment with what you have on hand. For the most part, it will always taste great and be nutritional too.

Ingredients:

- 4 medium pak choi, quartered
- ½ medium onion, sliced
- 1 medium pepper, sliced
- 1 medium carrots, cut in a bias
- 2 scallions, cut into 1 inch segments
- 1 block tofu, cut into rectangular strips
- 1 teaspoon oyster sauce
- 2 teaspoons soy sauce
- 1 teaspoon sesame oil
- 1 inch knob of ginger, sliced
- ½ teaspoon sugar
- 4 cloves minced garlic
- 1 tablespoon oil
- Pepper to taste

Instructions:

1. Wash and prep your veggies
2. In a bowl, mix the oyster sauce, soy sauce, sugar, and garlic.
3. Heat oil in a large pan and add your onions and ginger. Stir fry until softened.
4. Add in scallion whites and carrots and stir fry for two minutes.
5. Add pak choi, peppers, scallions, tofu and pour over sauce.
6. Cook until all veggies are softened before drizzling with sesame oil before serving.

Nutrition Corner: Pak Choi

Pac Choi is an excellent source of fiber, vitamin C, vitamin A and vitamin K. Did you know!
[One study](#) found that eating Pac Choi at least once a week was associated with a lower risk of oral, esophageal, colorectal, breast, and kidney cancers!

One cup (70 grams) of shredded bok choy provides::

Calories: 9

Protein: 1 gram

Total fat: 0 grams

Total carbs: 1.5 grams

Total sugar: 1 gram

Fiber: 1 gram

Calcium: 6% of the Daily Value (DV)

Iron: 3% of the DV

Magnesium: 3% of the DV

Phosphorus: 2% of the DV

Potassium: 4% of the DV

Zinc: 1% of the DV

Manganese: 5% of the DV

Selenium: 1% of the DV

Vitamin C: 35% of the DV

Folate: 12% of the DV

Vitamin A: 17% of the DV

Vitamin K: 27% of the DV

Source: [USDA](#)