

HOW TO USE BOK CHOY

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LIKE CELERY

Fill raw bok choy stalks with anything you would use to fill celery sticks. Think peanut butter or cream cheese!

SANDWICH

Use the bok choy's raw leaves on a sandwich for a hint of sweet flavor and break from the norm.

THE GRILL

Cut baby bok choy in half, drizzle with olive oil and toss it on the grill. Add salt and pepper to taste.

SOUP

With an enticing flavor and vibrant color, bok choy is great when added to homemade or canned soups.

STIR FRY

Chop and saute with your favorite vegetables. Season to your liking and enjoy!

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