

did you know?

- Bok choy might look a lot like celery, but it's a member of the cabbage family.
- Bok choy, known for its mild flavor, is good for stir-fries and soups. You can also eat it raw.
- Bok choy is sometimes called a "soup spoon" because of the shape of its leaves.
- Unlike some of the other cruciferous vegetables, you can consume virtually all parts of bok choy.

BOK CHOY BOY!



JOKE

What did one plate say to the other plate?

Dinner is on me!

15 MINUTE LO MEIN INGREDIENTS

- Sauce
- 3 Tbsp soy sauce
 - 1 tsp sesame oil
 - 1 tsp sugar
- Lo Mein
- 4-6 ounces cooked lo mein noodles
 - 1 Tbsp sesame oil
 - 3 green onions, chopped (keep green and white parts separate)
 - 3 cups chopped vegetables (carrots, red bell peppers, bok choy, mushrooms, broccoli)
 - 1-2 Tbsp mirin

DIRECTIONS

1. Sauce: Shake all the sauce ingredients together in a jar.
2. Lo Mein: Heat the oil in a large wok or skillet. Add the green onions (white parts) and vegetables to the hot pan. Stir fry until fork-tender, about 5 minutes. Add the mirin to the pan. Add the cooked noodles and the sauce. Serve topped with remaining

Recipe From: Pinch of Yum

RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

	VEGETABLES	FRUITS
Children, Ages 4-8	1 ½ cups	1 - 1 ½ cups
Children, Ages 9-13	2- 2 ½ cups	1 ½ cups
Teens, Ages 14-18	2 ½ - 3 cups	1 ½ - 2 cups