

## Apple Bok Choy Slaw

Recipe from PCC Natural Markets

Makes 4 servings

### Ingredients

3 heads baby bok choy, or 1 head regular bok choy  
1 apple  
1 carrot  
1-2 teaspoons fresh ginger  
2-3 tablespoons fresh lemon juice  
2 teaspoons oil  
1/2 teaspoon salt  
Freshly ground pepper

### Instructions

Rinse bok choy and trim off the end of the stem.  
Cut in half, lengthwise. Slice crosswise into thin strips.

Cut apple and carrot into matchsticks or shred with a grater. Mince ginger into small pieces.

In a large bowl, mix apple, carrot matchsticks, and bok choy. Add lemon juice, oil, ginger, salt and pepper. Mix together and adjust salt and pepper as needed. Refrigerate for at least 15 minutes before serving.



Photo credit: Epicurious website