Farm to Table provides local, sustainably grown foods to childcare programs in Seattle to increase access to highly nutritious foods. The program is supported by funding from the City of Seattle Sweetened Beverage Tax.

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.



Photo credit: Epicurious website

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.







