

Bok Choy

MEATBALL BOK CHOY STIR-FRY

Ingredients:

- 1 (8 oz) package rice noodles
- 1 lb 90/10 ground beef
- 3 cloves garlic, minced
- 1 Tbsp olive oil
- 1 (8 oz) carton fresh mushrooms, sliced
- 6 baby bok choy, chopped (about 1 1/2 lbs)
- 2 cups unsalted beef broth
- 3 Tbsp low-sodium soy sauce
- 1 tsp ground ginger
- 1 Tbsp honey
- 4 green onions, thinly sliced

Preparation:

1. Prepare noodles according to package directions. Drain & set aside.
2. In a medium bowl, combine beef & garlic. Scoop one tablespoon of beef into palm of hand & roll into a small ball. Repeat until all meatballs are made (approximately 24).
3. In a large skillet, heat oil over medium-high. Add meatballs & cook 10 minutes or until browned, turning occasionally. Transfer meatballs to a plate & set aside.
4. Add mushrooms to skillet & cook 2-3 minutes, stirring often. Add bok choy & cook 3 minutes until bright green & tender.
5. Return meatballs to skillet. Add broth, soy sauce, ginger & honey. Bring to a boil & cook 3-4 minutes or until slightly thickened, stirring often.
6. Add noodles & mix well. Serve topped with green onions.

30 Min | Serves 6

Nutrition Facts

6 servings per recipe
Serving size (340g)

Amount per serving
Calories **320**

% Daily Value*

Total Fat 9g 12%
Saturated Fat 3g 15%
Trans Fat 0g

Cholesterol 45mg 15%
Sodium 450mg 20%

Total Carbohydrate 41g 15%
Dietary Fiber 2g 7%
Total Sugars 5g
Includes 3g Added Sugars 6%

Protein 19g

Vitamin D 0mcg 0%
Calcium 144mg 10%
Iron 4mg 20%
Potassium 657mg 15%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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**CHOOSE
HOME
MADE**



BOK CHOY

In Season

May - June, October - November

How to Select

Choose firm stalks with fresh green leaves free of brown & yellow spots.

How to Store

Refrigerate unwashed bok choy in an open plastic bag up to 1 week.

Helpful Tip

When cooking separate the leaves from the stalks & add stalks first as they take longer to soften. Bok choy is a great addition to any stir-fry!



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