



APPLE BOK CHOY SALAD

PREP TIME: 20 minutes

SERVING SIZE: 2 cups

COOK TIME: 0 minutes

SERVES: 6

INGREDIENTS

SALAD:

- 6 cups of bok choy, leaves and stems sliced thinly
- 1 large apple, shredded
- 1 large carrot, shredded
- ½ cup red onion, thinly sliced

DRESSING:

- ½ cup unsweetened soy milk
- ½ cup unsalted whole cashews
- ¼ cup balsamic vinegar
- ¼ cup raisins
- 1 teaspoon Dijon mustard

PREPARATION

1. Combine bok choy, apple, carrot and onion in a large bowl.
2. Blend milk, cashews, vinegar, raisins and mustard in a blender or food processor. Add desired amount to salad.

SOURCE

<https://www.epicurious.com>

Recipe modified by CHOICES Nutrition Education Program

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Nutrition Facts

servings per container
Serving size 2 cups (183g)

Amount per serving
Calories 140

	% Daily Value*
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 85mg	4%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	11%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 119mg	10%
Iron 2mg	10%
Potassium 427mg	10%

*The % Daily Value 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.



This institution is an equal opportunity provider. Rev10/18
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ENSALADA DE MANZANA Y BOK CHOY

TIEMPO DE PREPARACIÓN: 20 minutos

TAMAÑO DE PORCIÓN: 2 tazas

TIEMPO PARA COCINAR: 0 minutos

PORCIONES: 6

INGREDIENTES

ENSALADA:

- 6 tazas de bok choy, hojas y tallos cortados en rodajas finas
- 1 manzana grande, rallada
- 1 zanahoria grande, rallada
- ½ taza de cebolla roja, en rodajas finas

ADEREZO:

- ½ taza de leche de soja sin azúcar
- ½ taza de anacardos enteros sin sal
- ¼ taza de vinagre balsámico
- ¼ taza de pasas
- 1 cucharadita de mostaza Dijon

PREPARACIÓN

- Combine el bok choy, la manzana, la zanahoria y la cebolla en un tazón grande.
- Mezcle la leche, los anacardos, el vinagre, las pasas y la mostaza en una licuadora o procesador de alimentos. Agregue la cantidad deseada a la ensalada.

FUENTE

<https://www.epicurious.com>

Receta modificada por CHOICES Programa Educativo de Nutrición

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