

ENJOY THE FLAVORS OF CHINA



Chinese food is often thought of as deep-fried with sugary or salty sauces. But, many staples of the Chinese diet are great for your health including—rice, vegetables, fresh fruit, and fish.



Follow the MyPlate guidelines to help your family eat well!

- ▶ Make half your plate fruits and vegetables.
- ▶ Switch to skim or 1% milk.
- ▶ Make at least half your grains whole.
- ▶ Vary your protein food choices.
- ▶ Keep your food safe to eat—learn more at www.FoodSafety.gov.
- ▶ Choose foods and drinks with little or no added sugars.
- ▶ Look out for salt (sodium) in foods you buy—it all adds up.
- ▶ Eat fewer foods that are high in solid fats.

Try including recipes that use Chinese vegetables such as bok choy, snow peas, and spinach to help your family get the recommended amount of vegetables each day. Adults should eat about 2 cups a day, and kids should aim for 1½ cups a day.

Bok choy, also known as Chinese cabbage, is rich in Vitamin A, C, and K. It can be cooked in stir fries and soups or eaten raw in salads.

STIR-FRIED BOK CHOY

Ingredients:

- 1 tablespoon vegetable oil
- 2 cloves garlic, minced
- 8 heads baby bok choy, trimmed and cut into bite-size pieces*
- salt and pepper to taste

Directions:

1. Heat the oil in a large skillet over medium heat.
2. Add and cook the garlic in oil for 1 to 2 minutes.
3. Mix in the bok choy, and cook and stir until the green parts of the leaves turn bright green, 5 to 8 minutes.
4. Season with salt and pepper if desired.

Yield: 4 servings

Nutrition Information (per serving):

Calories 150; Fat 5 grams;
Sodium 70 milligrams; Fiber 9 grams

*WIC supplemental food

