



Tangy Sesame-Soy Pak Choy Salad

Cooking time: 20 minutes

Serves 4

Prep time: 15 minutes

Mixing time: 5 minutes

Total time: 20 minutes

Sesame-Soy Dressing

1 clove fresh garlic, minced and crushed well with a knife

1 teaspoon toasted sesame oil

1 Tablespoon honey

1 Tablespoon soy sauce

1 Tablespoon rice vinegar

3 Tablespoons extra virgin olive oil

In a small bowl, add all of the dressing ingredients and mix together with a fork until well combined. A food processor or blender can be used here instead. Set aside.

Greens

4 large heads (or 8 baby) Pak Choy or Bok Choy, rinsed and dried

1 large carrot, grated or chopped small

(optional) 1 Tablespoon toasted sesame seeds

Thinly slice stalks and leafy greens of the pak choy and place in a large bowl. Grate carrot with a cheese grater or chop into small pieces. Add grated carrot to bowl.

Pour the dressing over the pak choy and carrots, toss well to coat the salad, and divide equally among plates. Sprinkle with sesame seeds to garnish.



Pak Choi Superpowers

Super vision! – high in vitamin A

Super immunity! – high in vitamin C

Super strong bones! – high in vitamin K

Tips and Tricks

- This dressing can be made in advance and kept in the refrigerator
- Both the green leaves and white stems of pak choy are edible and delicious
- Keiki can get involved by ripping up the green leaves and sprinkling the finished salad with sesame seeds
 - An adult can use a knife to thinly slice the white stalks
- Extra virgin olive oil can be bought in bulk for a lower cost at Costco
- All of these ingredients can be found at Tamura's