

# D. Bok Choy Noodle Crisp



**Prep time:** 10 minutes  
**Serves:** 8  
**Serving Size:** 1/2 cup

**Utensils needed**  
 Knife  
 Cutting board  
 Large mixing bowl  
 Jar with a tight-fitting lid  
 Measuring cup  
 Measuring spoon  
 Mixing spoon

## Ingredients

- 2 medium heads of bok choy, sliced thinly
- 1/2 cup of vegetable oil
- 1/4 cup of vinegar
- 1/3 cup of sugar
- 3 tablespoons of low-sodium soy sauce
- 1 green onion, chopped
- 3/4 cup (6 ounces) of chow mein noodles

## Directions

1. Wash your hands and clean your cooking area.
2. Add the vegetable oil, vinegar, sugar, and soy sauce to the jar and close the lid. Shake it well to combine the ingredients.
3. Wash and chop the bok choy and green onion. Add them to a large mixing bowl.
4. Break up the chow mein noodles and add them to the mixing bowl.
5. Drizzle the dressing over the contents of the mixing bowl. Gently toss the salad and serve.

Nutrition Facts	
Serving Size 1/2 cup Servings Per Container 8	
Amount Per Serving	
<b>Calories 280</b> Calories from Fat 160	
% Daily Value*	
<b>Total Fat</b> 18g	<b>28%</b>
Saturated Fat 2g	<b>10%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 530mg	<b>22%</b>
<b>Total Carbohydrate</b> 28g	<b>9%</b>
Dietary Fiber 3g	<b>12%</b>
Sugars 11g	
<b>Protein</b> 6g	
Vitamin A 190% • Vitamin C 160%	
Calcium 25% • Iron 15%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	

### Kitchen math

1. The recipe calls for ingredients to serve 8 people. If we needed to feed 16 people:  
 How many tablespoons of soy sauce would you need? \_\_\_\_\_  
 How much sugar would you need? \_\_\_\_\_
2. What are the three liquid ingredients used in the recipe?  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_
3. Which vitamin has the largest percentage of the daily value in this recipe? \_\_\_\_\_
4. What is the difference in the amounts of calcium and iron?  
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**How the children can help:** Wash the produce, measure the ingredients, break up the chow mein noodles, combine the ingredients for the dressing, shake the dressing, drizzle the dressing over the salad, and toss the salad