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 (4 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**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Servings Per Container 8</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>280 Calories from Fat 160</td>
</tr>
<tr>
<td>% Daily Value*</td>
<td></td>
</tr>
<tr>
<td>Total Fat</td>
<td>18g 28%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>2g 10%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg 0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>530mg 22%</td>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
<td>Dietary Fiber</td>
<td>3g 12%</td>
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<tr>
<td>Sugars</td>
<td>11g</td>
</tr>
<tr>
<td>Protein</td>
<td>6g</td>
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</tbody>
</table>

*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 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? __________

**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.

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