

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

Calories 280 **Calories from Fat** 160

% Daily Value*

Total Fat 18g **28%**

Saturated Fat 2g **10%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 530mg **22%**

Total Carbohydrate 28g **9%**

Dietary Fiber 3g **12%**

Sugars 11g

Protein 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	Less than	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