



NutritionRx
Jennifer Broxterman

Bok-Choy Salad

This Asian-inspired salad combines the light sweetness of baby bok choy and mandarin oranges drizzled in a light dressing. The crunch of the bok choy, dried noodles, and sliced almonds add texture and crisp to every bite. This salad is a great source of **vitamin A**, **vitamin C**, and **healthy fats**.

Prep: 5 minutes • Total: 10 minutes

Ingredients:

Olive oil	¼ cup	63 mL
Lemon juice	2 Tbsp	30 mL
Low-sodium soy sauce	2 tsp	10 mL
Baby bok choy, chopped	12 each	12 each
Green onions, chopped	4 each	4 each
Canned mandarin oranges, drained	½ cup	125 mL
Chow mein noodles, dried	¼ cup	63 mL
Raw almonds, sliced	⅓ cup	31 mL
Reduced-fat feta cheese, crumbled	⅓ cup	31 mL

Directions:

- Combine the first 3 ingredients in a small bowl to make the salad dressing; whisk together.
- Wash and chop bok choy and green onions.
- Drain canned mandarin oranges.
- Combine bok choy, green onions, and mandarin oranges into a large bowl.
- Gradually stir in the salad dressing to coat the bok choy.
- Add in the dried chow mein noodles, sliced almonds, and reduced-fat feta cheese.
- Serve immediately.

Nutrition Facts

Serving Size (120g)

Servings Per Container

Amount Per Serving

Calories 200 **Calories from Fat 160**

*% Daily Value**

Total Fat 18g **28%**

 Saturated Fat 2.5g **13%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 210mg **9%**

Total Carbohydrate 8g **3%**

 Dietary Fiber 2g **8%**

 Sugars 3g

Protein 3g

Vitamin A 50% • **Vitamin C 60%**

Calcium 8% • **Iron 6%**

*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

Adapted from: Allrecipes.com

Makes 4 servings (120g / serving) • 1 serving = ¼ of the recipe

Prepared By: Jennifer Broxterman, Registered Dietitian & Jennifer Yu, BScH Foods & Nutrition student
NutritionRx • **Email:** info@nutritionrx.ca • **Phone:** (519) 520-9549 • **Website:** www.nutritionrx.ca