

## Lemon Garlic Bok Choy



### Ingredients

- 1 bok choy
- 5 cloves garlic (use 4-6 cloves, minced or 1 to 1 1/2 teaspoons of garlic powder)
- 2 teaspoons vegetable oil
- 1/2 teaspoon salt
- Juice of 1 lemon

### Instructions

1. Cut bok choy crosswise into easy-to-eat pieces.
2. In a medium skillet over medium-high heat, saute garlic in oil until fragrant. If using garlic powder, add with salt in the next step.
3. Add bok choy and stir quickly. Add salt and juice of one lemon. Stir until greens are wilted and stem pieces are tender-crisp. Serve hot.

*Adapted from myplate.gov*

## WHAT IS BOK CHOY?

**Bok choy** is one of two main types of leafy green vegetable known as **Chinese cabbage**. It belongs to the mustard family along with cabbage, turnips, broccoli, and kale. It tastes similar to cabbage and has a mild, fresh, and grassy flavor with a slight peppery kick. The stalks have a celery-like crunch, while the leaves are soft and crisp.

Find more info and more recipes here:



Link: [www.allrecipes.com/article/what-is-bok-choy/](http://www.allrecipes.com/article/what-is-bok-choy/)

## Strawberry Cucumber Salad

A refreshing sweet and savory salad with sliced strawberries, crisp cucumbers, and honey mustard dressing.



### Ingredients

- 2 Tablespoons plain yogurt
- 4 teaspoons apple cider vinegar
- 1 Tablespoon honey or brown sugar
- 1/4 teaspoon onion powder
- 1/4 teaspoon mustard
- 1/4 teaspoon salt
- 1 Tablespoon lemon juice
- 1 1/2 teaspoons vegetable oil
- 2 cups sliced strawberries
- 2 1/2 cups thinly sliced cucumber

### Instructions

1. Wash hands with soap and water.
2. Rinse fresh fruits and vegetables under running water before preparing.
3. In a small bowl, combine yogurt, vinegar, honey, onion powder, mustard, salt, lemon juice, oil, mix well.
4. In a large bowl, add the strawberry and cucumber slices. Pour the dressing over and gently mix until evenly coated.
5. Refrigerate leftovers within 2 hours.

*Adapted from food-hero.org*

**NEXT  
DATE:**



**ORDER BY THURSDAY, APR 10. PICK-UP WEDNESDAY, APR 16.**  
**ORDER BY THURSDAY, APR 24. PICK-UP WEDNESDAY, APR 30.**

## Crunchy Bok Chow Slaw

A versatile side dish to go with grilled meats or poultry. Crispy, crunchy and thoroughly delicious.



### Ingredients

- 1/4 cup rice vinegar
- 1 tablespoon toasted sesame oil
- 2 teaspoons sugar
- 2 teaspoons Dijon mustard
- 1/4 teaspoon salt
- 6 cups very thinly sliced bok choy, (about a 1-pound head, trimmed)
- 2 medium carrots, shredded
- 2 scallions, thinly sliced

### Instructions

1. Whisk vinegar, oil, sugar, mustard and salt in a large bowl until the sugar dissolves. Add bok choy, carrots and scallions; toss to coat with the dressing.

*Adapted from eatingwell.com*



## Could you be eligible for help with your food budget?

Find out if you may be eligible for SNAP and an estimated amount of benefits you could receive.



<https://bit.ly/4hh5YrR>

## Mushroom Ragu



### Ingredients

- 1 pound dry pasta, such as spaghetti, penne or linguine
- 3 Tablespoons oil
- 8 ounces mushrooms, cleaned, stemmed and minced
- 1 (28-ounce) can marinara sauce
- Salt, to taste
- Grated Parmesan cheese, for topping
- Chopped fresh or dried basil for topping

### Instructions

1. Fill large pot with salted water and bring to boil over high heat. Cook pasta according to package directions. Drain and set aside.
2. Heat oil in large skillet over medium heat. Add mushrooms and cook, stirring occasionally, until tender and light golden-brown, about 8 to 10 minutes. Stir in marinara sauce and bring to a simmer. Season with salt.
3. Divide pasta between serving bowls and top with mushroom sauce. Garnish with Parmesan and basil. Serve and enjoy.

*Adapted from mushroomcouncil.com*