



The Edible Garden

Recipe featured at the Whole Food Market demonstration, August 27

Bok Choy Apple Slaw

By: Holly Shelowitz, Healthy Eating Specialist at Whole Foods Market

Serves 4

Ingredients

1 large head bok choy, thinly sliced (use white and green parts)
1 cup tightly packed fresh cilantro leaves, thinly sliced
½ cup thinly sliced scallion greens
2 crunchy sweet apples (any variety), peeled, cored, and shredded on a box grater or in food processor
¼ cup olive oil
2 tablespoons apple cider vinegar
2 tablespoons prepared mustard
1 lime, juiced
Pinch sea salt
Toasted walnuts as garnish (optional)

Instructions

1. In large bowl, mix together bok choy, cilantro, scallions, and apple.
2. In a jar with a lid, combine the olive oil, apple cider vinegar, mustard, lime juice, and a pinch of sea salt. Shake well to combine. Drizzle over slaw and mix to combine. Top with toasted walnuts.