



TURKEY BACON BOK CHOY

PREP TIME: X

SERVING SIZE: 1 cup

COOK TIME: 15 minutes

SERVES: 3

INGREDIENTS

- 1 teaspoon olive oil
- 3 slices low sodium turkey bacon, chopped
- 2 teaspoons garlic, minced
- 2 Thai chili peppers, sliced
- 2 pounds bok choy
- 1 tablespoon low sodium soy sauce



PREPARATION

1. Cut the bok choy above the root, rinse and dry.
2. Add oil, turkey bacon, garlic, and Thai chilies to a large frying pan on medium-high heat
3. Gently fold in bok choy and add soy sauce when the turkey bacon is almost fully cooked.
4. When the stem of the bok choy is soft, remove it from the pan and plate.
5. Add your favorite whole grain to make a complete meal.

SOURCE

Recipe modified by CHOICES Nutrition Education Program

Nutrition Facts

3 servings per container	
Serving size	1 cup
Amount per serving	
Calories	90
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 10mg	3%
Sodium 490mg	21%
Total Carbohydrate 8g	3%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 3mg	15%
Potassium 783mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



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TOCINO DE PAVO BOK CHOY

TIEMPO DE PREPARACIÓN: X

TAMAÑO DE PORCIÓN: 1 taza

TIEMPO PARA COCINAR: 15 minutos

PORCIONES: 3

INGREDIENTES

- 1 cucharadita de aceite de oliva
- 3 rebanadas de tocino de pavo bajo en sodio, picado
- 2 cucharaditas de ajo, finamente picado
- 2 chiles tailandeses, en rodajas
- 2 libras de bok choy
- 1 cucharada de salsa de soja baja en sodio



PREPARACIÓN

- Cortar el bok choy por encima de la raíz, enjuagar y secar.
- Agregue aceite, tocino de pavo, ajo y chiles tailandeses a una sartén grande a fuego media alto.
- Añadir suavemente el bok choy y agregue la salsa de soja cuando el tocino de pavo este casi completamente cocido.
- Cuando el tallo del bok choy este suave, retírelo del sartén y poner en un plato.
- Agregue su grano integral favorito para hacer una comida completa.

FUENTE

Receta modificada por CHOICES Programa Educativo de Nutrición

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