

Poached* Choy Sum (serves 6)

Choy Sum, 3 inch segments	1 lb.
Water or Chicken Broth	3 qt
Canola Oil	¼ cup
Salt (not needed if chicken broth is used)	2 tsp
Oyster sauce	3 tbs

1. Bring pot of water to a rolling boil
2. Add salt and canola oil
3. Add Choy Sum, turn off heat immediately
4. Test doneness to taste
5. Lift Choy Sum to serving dish and drizzle oyster sauce on top

* Poaching: Slow cooking by submerging food in a flavored liquid (sometimes flavored with aromatics and herbs) under low temperature. The liquid can be water, a broth, or oil. Blanching is similar to poaching except that water is used without the addition of flavoring or seasoning.

Nutrition Facts	
Serving Size (543g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1250mg	52%
Total Carbohydrate 5g	2%
Dietary Fiber 0g	0%
Sugars 3g	
Protein 1g	
Vitamin A 100% • Vitamin C 110%	
Calcium 15% • Iron 4%	
*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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	