Baby bok choy is a type of cabbage that is smaller and has a milder flavor than regular bok choy. It is sometimes called Chinese cabbage.

Baby bok choy is a staple in Asian cooking, where its versatility complements many dishes.

Baby bok choy's popularity comes from its light, sweet flavor, crisp texture and nutritional value.

It is found in soups, stir-fries, appetizers, salads, sides, and main dishes.

Baby bok choy is very nutritious, it is high in Vitamin A, Vitamin C, potassium and calcium. It also contains a wide spectrum of B-complex vitamins.

One cup of raw, shredded baby bok choy contains only nine calories. It is also relatively low in carbohydrates.

It can be eaten raw, quick-cooked, steamed, stir-fried, or boiled.

Fun Fact: In China, bok choy is hung from the clotheslines to dry. This concentrates its flavor.

In Chinese, bok choy means “white vegetable”