

Apple Bok Choy

Ingredients:

- 16 ounces bok choy, chopped
- 1/2 cup raw cashews or 1/4 cup raw smooth cashew butter or 1/4 cup peanut butter
- 1/2 cup unsweetened vanilla almond milk or 1/2 cup soymilk
- 1/4 cup balsamic vinegar
- 1/4 cup raisins
- 1 teaspoon Dijon mustard
- 1 large apple, peeled and sliced
- 1 large carrot, peeled and sliced
- 1/2 cup red onion, chopped

Directions:

1. Chop bok choy and set aside in a large bowl. If you haven't worked with bok choy before, Trim the rough edge off the root ends of the bok choy, then cut across the stem just below the leaf. Slice the white stem portion into 3 or 4 lengthwise strips, then cut across to dice. Slice the leafy top crosswise and then cut each strip into 1 inch pieces.
2. Place cashews, milk, vinegar, raisins and mustard in food processor or high powered blender and combine until smooth.
3. Add apple, carrot and onion and process until chopped fine.
4. Add processed mixture to bok choy and mix well.

827 Calories, 110 carbs, 31g fat, 26g protein, 569mg sodium, 31g sugar