

Tatsoi

Key Points

- For the best buy, look for tatsoi with green leaves with no bruises, holes, cuts or yellowing. Leaves should not be wilted.
- To prepare fresh tatsoi, separate the leaves and wash well.
- To store fresh, wrap unwashed greens in a damp paper towel and keep in the refrigerator for 3 to 4 days.
- Tatsoi contains vitamin A, which is good for healthy eyes and skin.



Tatsoi Salad with Pears and Strawberries

Ingredients:

2 tablespoons vinegar
2 tablespoons vegetable oil
1 tablespoon apple juice (optional)
1 tablespoon honey or sugar
4 cups tatsoi
1 cup sliced pears
1 cup sliced strawberries
Salt and pepper to taste

Directions:

1. Make the dressing: In a small bowl, combine the vinegar, oil, apple juice and honey.
2. In a large bowl, add tatsoi, pears and strawberries.
3. Pour the dressing over the salad and toss gently.
4. Add salt and pepper to taste. Enjoy!
5. Refrigerate leftovers.

Makes 5 servings.

Wilted Tatsoi

Ingredients:

2 teaspoons vegetable oil
1/4 cup chopped onion
2 garlic cloves, minced
4 cups tatsoi
Salt and pepper to taste

Directions:

1. In a large frying pan, heat oil over medium heat.
2. Add the onion and garlic to the frying pan. Cook until the onion is soft, about 1-2 minutes.
3. Add the tatsoi and 2 tablespoons water to the pan. Toss the tatsoi 2 or 3 times, or until the tatsoi just wilts.
4. Add salt and pepper to taste. Enjoy!
5. Refrigerate leftovers.

Makes 4 servings.

Quick Tips

- Tatsoi is also known as spinach mustard, spoon mustard or rosette bok choy.
- Tatsoi is often eaten raw in salads and is part of most bagged mixed salad greens.
- Tatsoi is a great substitute for fresh spinach.
- Remember to rinse all fruits and vegetables before using.

Just Say Yes to Fruits and Vegetables

This material was funded by USDA's Supplemental Nutrition Assistance Program-SNAP. The SNAP program, formerly known as the Food Stamp Program (FSP) in New York, provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet., Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250 or call (202) 720-5964 (voice and TDD). To find out more, contact: 1-800-342-3009 or go to: myBenefits.ny.gov. USDA is an equal opportunity provider and employer. In accordance with Federal law and U.S. Department of Agriculture's policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disability. To file a complaint of discrimination, write USDA, Director of Civil Rights, Room 326-W

Visit our website at www.jsyfruitveggies.org for more great recipes!

The Nutrition Facts Label — What does it tell us?

Recipe Name:

**Tatsoi Salad with Pears
and Strawberries**

Recipe Name:

Wilted Tatsoi

Nutrition Facts

Serving Size (125g)
Servings Per Container

Amount Per Serving

Calories 100 **Calories from Fat 50**

% Daily Value*

Total Fat 6g **9%**
Saturated Fat 0.5g **3%**
Trans Fat 0g
Cholesterol 0mg **0%**
Sodium 130mg **5%**

Total Carbohydrate 13g **4%**

Dietary Fiber 3g **12%**

Sugars 9g

Protein 2g

Vitamin A 100% • Vitamin C 90%

Calcium 6% • 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	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

1. Start with the serving size.

2. Check calories.

3. Limit these:
- Total fat
- Saturated fat
- Trans fat
- Cholesterol
- Sodium

4. Get enough of these:
- Fiber
- Vitamins A and C
- Iron
- Calcium

Nutrition Facts

Serving Size (70g)
Servings Per Container

Amount Per Serving

Calories 40 **Calories from Fat 20**

% Daily Value*

Total Fat 2.5g **4%**
Saturated Fat 0g **0%**
Trans Fat 0g
Cholesterol 0mg **0%**
Sodium 160mg **7%**

Total Carbohydrate 5g **2%**

Dietary Fiber 2g **8%**

Sugars 1g

Protein 2g

Vitamin A 120% • Vitamin C 70%

Calcium 6% • 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	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Percent (%) Daily Value:
5% or less is LOW
20% or more is HIGH