



COOKING WITH TATSOI

STIR-FRY & SOUPS

INGREDIENTS:

1 bunch of Tatsoi, 2 teaspoons sesame oil, 1 garlic clove diced, and 1 teaspoon of diced ginger.

INSTRUCTIONS:

1. Cut off the base of the Tatsoi and discard.
2. Rinse the leaves, but do not dry them. the excess water will slightly steam the greens.
3. Warm the sesame oil in a small frying pan over medium heat.
4. When the pan is hot and sesame oil is fragrant, add the garlic and ginger. Sauté for around 30 seconds.
5. Add the still wet Tatsoi and stir to combine.
6. Cook uncovered, stirring occasionally until the Tatsoi stems are tender and leaves are wilted, around 1-2 minutes.
7. Add to stir-fry or soup of choice.

WHAT IS TATSOI?

Tatsoi is a leafy green vegetable, a member of the mustard green family, and is similar to spinach. Tatsoi is rich in vitamin A, vitamin C, vitamin K, and folate. Tatsoi is also a good source of minerals like calcium and potassium. Tatsoi can be eaten raw in salads, or cooked and used in stir-fries, or added to soups.

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