

# Tatsoi / Tat choy

Tatsoi, also known as Tat Choy, is a Chinese vegetable that includes both stalks and leafy greens. It is a great source of nutrients, including vitamin A, vitamin C, calcium, and iron.

## SIMILAR TO

The leaves are similar to spinach, mustard greens, Swiss chard, and bok choy. Its stems are similar to celery and can be eaten.

## HOW TO USE

Tatsoi can be used in many dishes—including stir fry, soup, salad, or on top of pizza and tacos. It is cooked in many ways; in a pan with oil and/or butter, in a pot using steam, or raw.

## A RECIPE TO TRY:

### Steamed Tatsoi and Water Chestnuts

*from the New Entry Sustainable Farming Project*

Takes 20 minutes. Serves 4.

#### INGREDIENTS

1 1/2 lbs (or 4 cups) of tatsoi  
2 cups of vegetable or chicken broth  
2 garlic cloves, minced  
1 small onion, sliced thinly  
1 can of sliced water chestnuts, drained  
2 tablespoons of soy sauce  
Salt (to taste)  
Pepper (to taste)



Image Credit: Turner Farms

Image Credit: Diversifore



1. Cut the tatsoi into bite-sized pieces
2. Put a medium saucepan over high heat and put in the broth, garlic, and onion. Bring It to a boil.
3. Reduce heat to low, cover, and let it simmer for 5 minutes.
4. Add tatsoi and simmer for 5 minutes.
5. Add water chestnuts and soy sauce; simmer for 1 minute.