

Going Healthy: Baby Bok Choy Crab Sliders (Easy and Low Calorie)

Description

Looking for easy entertaining dishes that are unique, healthy, and delicious? Or maybe you just want something a little out of the ordinary for yourself and your family. Either way, I have a recipe for you and you don't even have to turn on the stove or oven!



Now that we're getting into the warmer months, avoiding the stove or oven is always preferred, unless you enjoy higher energy bills. If you know me, you know I'm pretty uptight when it comes to food and healthy, and these little "sliders" make the cut in taste and nutrition!



For anyone watching their diet (or at least needs to), these sliders are an easy substitute. Did you know the average beef slider packs anywhere from 150 to 300+ calories each? And obviously you don't eat just one slider; amiright?

On the other end of the health spectrum, you can enjoy a generous 2 ounce serving of lump crab for only 40 calories giving you 8 grams of protein and less than 1 gram of fat. Since you can't fit a full 2 ounces on one rib of bok choy, you'd have to make about 8 or 10 of these to get close to the calorie content of just one slider!

If you're someone guilty of mindlessly snacking, like me, then these are perfect to snack away! The invigorating crunch of fresh baby bok choy packed with slightly sweet and tender lump crab meat provides instant gratification allowing you to give up high calories but not taste!



Bok choy is loaded with phyto-nutrients and anti-oxidants which help protect against many cancers and may reduce bad cholesterol levels. In addition, boy choy provides a healthy dose of A, B-complex, and C vitamins plus multiple minerals. Swapping hamburger buns for a nutritionally rich green like bok choy

is a smart way to serve your kids and yourself. So do yourself, friends, and family a "œflavor" (Yep, I went *there*) and make something cool, light, and crisp to beat the heat; like these sliders!



Baby Bok Choy Crab Sliders

Ingredients (Serves 2 to 4)

- Jumbo lump crab meat; I bought it fresh at a reputable seafood counter, but you can get it in 6.5oz cans too
- 2 stalks baby bok choy, separated, rinsed, and pat dry
- ¼ tsp cayenne
- 2 tsp cumin, garlic powder, and celery seed
- 1 tbsp dried parsley and dill (If you have the fresh stuff, use it!!)
- 2 tbsp condiment, sauce, or spread of choice; I used horseradish mustard, but plain Greek yogurt, cottage cheese, or salsa can and will work perfectly
- Salt and pepper to taste

Instructions

- In a small mixing bowl, add about ¾ cup of fresh lump crab meat or one 6.5oz can, herbs, spices, and about 2 tablespoons condiment/spread/sauce of choice.
- Mix everything until well combined.
- Scoop mixture on the groove of your bok choy and repeat until you're all out. If you want, save some for a healthy dip or to make a wrap for work
- Fold leafy part over and stick with toothpick to hold in place or eat as is.

Avery is not quite to this level of her baby-led weaning adventure, but soon enough, weâ€™ll have these on her highchair tray ready to ~~savor and enjoy~~ throw across the kitchen.

Hopefully sheâ€™ll catch on!..

The versatility of this recipe is perfect for the time-strapped parent as you can easily omit or sub other herbs, spices, and condiments as you need or desire. I think using a tangy barbecue sauce in the mix would fit right in at any outdoor gathering.

Please, give these a try and let me know how you and others enjoyed them. And whenever possible, get your kids in the kitchen to help! For this recipe, have them mix the crab and other ingredients together as you prepare the bok choy.

Hope you enjoy your bok choy. See, again with the corniness!! ðŸ™,

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