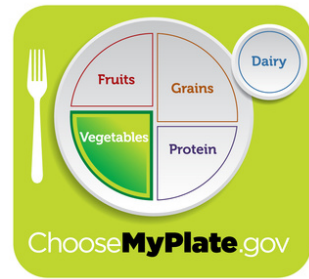


Gai Lan

- If stored properly in the refrigerator below 41F, it can last for 4-7 days, can also be blanched and stored in the freezer for up to a year.
- Wash the greens and remove any damaged areas, may separate the leaves from the stems for future use since they can be cooked separately.
- Store in a breathable plastic bag.
- Taste is mildly sweet with a bitter aftertaste similar to to broccoli & kale.



This institution is an equal opportunity provider.

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Gay Lan may is most commonly cooked as a green side dish for many dinner dishes, stir-fries, salads and it pairs well with savory sauces,

- Some ways to cook Gai lan include:
 - Stir frying
 - Separate the leaves and stem, cook the stems first for 2-3 minutes before adding the leaves, sauté in oil of choice, add dash of salt, and minced garlic or soy sauce.
 - Blanching
 - Bring a large pot of lightly salted water to boil and boil vegetables until fork tender or preferred consistency. Once cooked, drain the veggies thoroughly. May top with oyster or soy sauce.

