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China's most popular vegetable, bok choy has a light, sweet flavor and crisp texture. Bok choy (also called pak choi) is used to enhance everything from soups to stir-fries: you can even deep-fry it! Nutritionally, like most leafy green vegetables, bok choy is a good source of iron. It is also high in Vitamin A, Vitamin C, and calcium. Lotus, Restaurants business in Sacramento. See up-to-date pricelists and view recent announcements for this location. Korean Food Gallery showcases images and links to delicious Korean dishes submitted by Korean food enthusiasts. Korean Food Gallery showcases images and links to delicious Korean dishes submitted by Korean food enthusiasts.