

# ASIAN STYLE STEAMED ALASKA CRAB WITH BOK CHOY



## DIRECTIONS

Rinse Alaska Dungeness Crab clusters under cold running water to remove any ice glaze; pat dry with paper towels. Discard towels.

Add broth, Ponzu sauce, soy sauce, sesame oil, ginger and garlic to large pot. Insert vegetable steamer or bamboo steamer. Add crab to steamer and bring broth to a boil. Cover and steam crab for 8 to 10 minutes.

Remove crab from pot; cover and keep warm. Remove steamer from pot; add bok choy to steamer broth. Cook and stir 3 to 5 minutes, until wilted.

To serve, ladle 1 cup bok choy and broth into a large shallow bowl. Top with a crab cluster, green onions and cilantro sprigs.

Nutrients per serving: 137 calories, 4g total fat, 1g saturated fat, 28% calories from fat, 41mg cholesterol, 18g protein, 8g carbohydrate, 2g fiber, 1351mg sodium, 260mg calcium and .5g omega-3 fatty acids.

**prep time: 10 cook time: 15 servings: 4**

## INGREDIENTS

4 Alaska Dungeness Crab clusters  
1 can (14.5 oz.) chicken or vegetable broth  
3 Tablespoons Ponzu (soy-citrus) sauce  
1 Tablespoon soy sauce  
2 teaspoons sesame oil  
2-inch piece of fresh ginger, peeled and cut in julienne strips  
2 teaspoons chopped garlic  
1 head (1 pound) bok choy, trimmed and cut crosswise in thin slices  
2 green onions, sliced diagonally  
1 cup cilantro sprigs



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