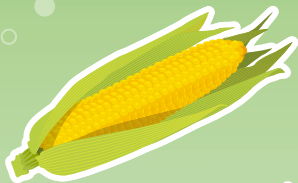


健康蔬菜食譜

Healthy Vegetable Recipes



翠花羹

Broccoli Chowder

(2至3人分量)
(Serves 2 to 3 persons)



材料

西蘭花 6兩
上湯 2杯
蛋白 3隻
蔥 少量
雲耳 少量
(註：1杯 ≈ 240 毫升)

調味料

鹽 少量

芡汁

生粉 3湯匙
水 ½杯

烹調方法

- 西蘭花洗淨，切成小塊，放入滾水煮熟。
- 蛋白打勻；蔥切碎；雲耳浸軟切絲，備用。
- 煮滾上湯，放入西蘭花及雲耳，加入蛋白攪拌和少量鹽調味。勾芡並灑上蔥花即成。

Ingredients

Broccoli – 230 grams
Stock – 2 cups
Egg whites – 3 pieces
Spring onion – small amount
Black fungus – small amount
(Remark: 1 cup ≈ 240 ml)

Seasoning

Salt – small amount

Sauce

Corn starch – 3 tablespoons
Water – ½ cup

Preparation Method

- Rinse broccoli. Cut into small pieces. Cook in boiling water until done.
- Beat egg whites, finely chop spring onion, soak and shred black fungus, set aside.
- Bring stock to boil. Add broccoli and black fungus. Stir in egg white. Season with salt. Thicken stock with corn starch. Sprinkle with spring onion.



智「營」提示 Smart “Nutrition” Tips

- 罐裝上湯的脂肪和鹽分較高，宜改用瘦肉或去皮雞肉煲湯，並在下鍋前將所有湯中的油脂去掉。
- Due to the higher fat and salt content, canned stock is not recommended. Instead, stock can be made with lean pork or skinless chicken and skimmed off before use.

蜜豆青瓜炒蝦仁

Stir-fried Shrimps with Sugar Snap Peas and Cucumbers



(3至5人分量)
(Serves 3 to 5 persons)

材料

蜜豆 3 兩
蝦 ½ 斤
蒜肉 1 粒
青瓜 12 兩
紅蔥頭 1 粒
薑 2 片

醃料

胡椒粉少量
生粉 1 茶匙

調味料

鹽少量
糖 ¼ 茶匙
生粉 1 茶匙
水 3 湯匙

烹調方法

- 將蝦去殼，去蝦頭及挑腸，洗淨，抹乾水分，下醃料拌勻，余水。
- 蜜豆余水，瀝乾。
- 青瓜洗淨，切片。
- 蒜肉切片。
- 燒熱鑊，下少量油、紅蔥頭及薑片炒香，加入蝦仁及蜜豆同炒片刻即起備用。
- 用少量油炒香蒜片，放下青瓜炒勻，加入少量清水。放入蝦仁、蜜豆及調味料炒熟即成。

Ingredients

Sugar snap peas – 110 grams
Cucumbers – 450 grams
Shallot – 1 dice
Ginger – 2 slices
Shrimps – 300 grams
Garlic – 1 clove

Marinade

Ground white pepper - small amount
Corn starch – 1 teaspoon

Seasoning

Salt - small amount
Sugar - ¼ teaspoon
Corn starch - 1 teaspoon
Water - 3 tablespoons

Preparation Method

- Peel, remove the heads of shrimps and devein. Wash and wipe dry. Add marinade ingredients and mix well. Blanch and set aside.
- Blanch sugar snap peas. Drain dry.
- Wash and cut cucumbers into slices.
- Slice the garlic.
- Heat wok. Add small amount of oil, shallot and ginger. Stir-fry shrimps and sugar snap peas for a while. Set aside on dish.
- Stir-fry garlic with small amount of oil. Put in cucumbers and stir well. Add small amount of water. Put in cooked shrimps and sugar snap peas. Add seasoning. Cook till done and serve.



智「營」提示 Smart “Nutrition” Tips

- 這個菜式的用料不但低脂，且含豐富蛋白質和膳食纖維。
- 用少量生粉和水作芡汁可減少烹調時的用油分量。此外，亦應盡量避免加入過量調味料及醬料。
- The ingredients used in this recipe are not only low in fat but also rich in protein and dietary fibre.
- Adding mixture of corn starch and water may help decrease the amount of oil used in cooking. Also, try not to use too much seasonings and condiments.

菜心瑤柱飯

Rice with Choy Sum and Dried Scallops

(4至6人分量)
(Serves 4 to 6 persons)



材料

- 菜心1斤
- 白米2小杯 (每杯約120毫升)
- 乾瑤柱2粒
- 薑2片

調味料

- 鹽少量

烹調方法

- 乾瑤柱洗淨後浸水約一小時，撕碎並置於浸瑤柱的水中備用。
- 白米洗淨，將瑤柱連水和白米一同置於電飯煲內，加入適量清水，煮至飯熟。
- 菜心洗淨，切粒，燒熱鑊下少量油，下薑片，將菜心炒至半熟，下鹽調味。
- 將半熟菜心倒入電飯煲內，與熟飯拌勻，再焗十分鐘便成。

Ingredients

- Choy sum (Chinese flowering cabbage) – 600 grams
- White rice – 2 small cups (about 120 ml each)
- Dried scallops – 2 pieces
- Ginger – 2 slices

Seasoning

- Salt – small amount

Preparation Method

- Wash and soak dried scallops for an hour. Shred and keep with the soaking water.
- Rinse white rice. Put rice and shredded scallops with soaking water into rice cooker. Add more water as needed and cook until done.
- Wash and dice choy sum. Heat wok. Add small amount of oil. Stir-fry ginger and choy sum till half-cooked. Season with salt.
- Mix choy sum with cooked rice. Heat in rice cooker for another 10 minutes.



智「營」提示 Smart “Nutrition” Tips

- 喜歡臘味飯的人士不妨轉換口味試做這個菜飯。乾瑤柱所含熱量是臘腸或臘肉的一半，而脂肪含量更只是臘內的二十分之一。
- 若要進一步增加膳食纖維含量，可以少量紅米代替部分白米。
- 菜心不宜切太碎，以減少營養素在烹調過程中流失。
- This recipe is a good replacement of rice with preserved meat. The caloric content of dried scallops is only half of that of Chinese sausage or preserved pork. Dried scallops also have 20 times less fat than preserved meat.
- To increase the dietary fibre content, you can replace some of the white rice with red rice.
- Try not to over-dice choy sum in order to minimise the nutrient loss during cooking.

甘筍洋蔥番薯班戟

Carrot Pancakes with Onions and Sweet Potatoes

(3至5人分量)
(Serves 3 to 5 persons)

材料

- 紅蘿蔔 (中型) 2個
- 洋蔥 (小型) 1個
- 番薯 (中型) 2個
- 雞蛋 2隻

調味料

- 檸檬 (小型) ½個
- 生粉 3湯匙
- 黑椒粉 少量
- 橄欖油 少量

烹調方法

- 紅蘿蔔刨絲、洋蔥切碎、番薯去皮刨絲、檸檬榨汁，備用。
- 將紅蘿蔔絲、洋蔥碎、番薯絲、檸檬汁、生粉及蛋汁混合拌勻。
- 加黑椒粉調味。
- 慢火將平底鑊加熱，加入少量橄欖油。將一大湯匙混合材料置於中央，煎成大小隨意的薄班戟。每次可煎多個班戟，只要避免班戟互相觸碰便可。
- 每邊約煎兩分鐘直至兩面金黃色便成。

智「營」提示 Smart “Nutrition” Tips

- 洋蔥、紅蘿蔔及檸檬汁含豐富抗氧化物，有助增強免疫能力，維持心臟健康。
- 橄欖油含單元不飽和脂肪，以其取代飽和脂肪和反式脂肪有助降低冠心病風險，但由於橄欖油與其他油類的熱量一樣高，分量不宜過多。
- 可用4隻蛋白代替2隻全蛋來打成蛋汁。
- Onions, carrots and lemon juices are all rich in antioxidants which help strengthen our immune system and maintain heart health.
- Replacing saturated fat and trans fat with monounsaturated fat in olive oil can reduce the risk of coronary heart disease. However, over-consumption is not recommended as its energy content is high as other types of oils.
- 2 whole eggs can be replaced with 4 egg whites.



Ingredients

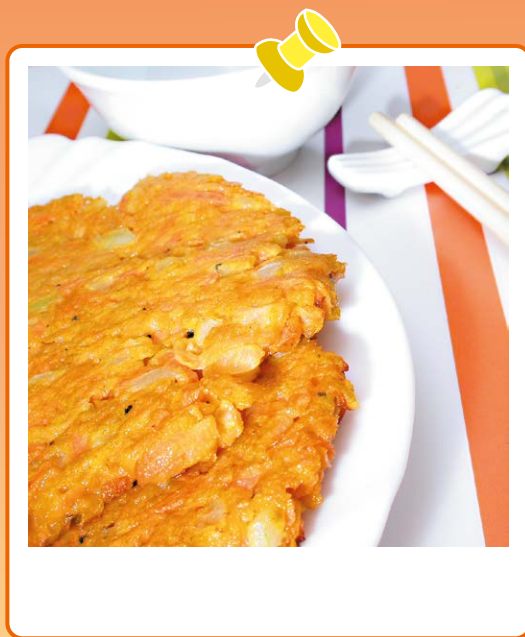
- Carrots (medium-sized) – 2 pieces
- Onion (small-sized) – 1 piece
- Sweet potatoes (medium-sized) – 2 pieces
- Eggs (whole) – 2 pieces

Seasoning

- Lemon (small-sized) – ½ piece
- Corn starch – 3 tablespoons
- Ground black pepper – small amount
- Olive oil – small amount

Preparation Method

- Grate carrots, finely chop onion, peel and grate sweet potatoes, squeeze lemon juice, set aside.
- Add carrots, onion, sweet potatoes, lemon juice, corn starch and eggs into a large bowl and mix well.
- Season with ground black pepper.
- Warm small amount of olive oil in pan. Pour a large tablespoon of carrot mixture into the middle of the pan and make a thin pancake in your preferred size. Fit in as many pancakes as possible without overlapping the pancakes.
- Cook for about 2 minutes on each side until pancake turns slightly brown and serve.



番茄吞拿魚杯

Tomato Cups with Tuna

(10人分量)
(Serves 10 persons)



材料

番茄 (中型) 10 個
西芹 ½ 杯
粟米粒 ½ 杯
提子乾 4 湯匙
罐裝泉水吞拿魚 2 罐
原味低脂乳酪 ½ 杯
蜜糖少量
(註：1 杯 ≈ 240 毫升)

調味料

鹽少量
胡椒粉少量

烹調方法

- 吞拿魚隔去泉水，西芹洗淨切幼粒備用。
- 乳酪混和蜜糖成沙律醬。
- 番茄洗淨，切去頂部並把核挖出。
- 將吞拿魚、西芹粒、粟米粒、提子乾、沙律醬及調味料拌好備用。
- 將材料釀入番茄內，冷凍即成。

Ingredients

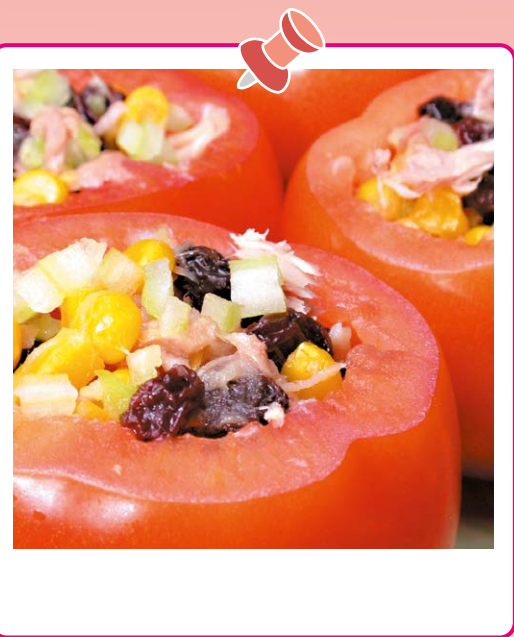
Tomatoes (medium-sized) – 10 pieces
Celery – ½ cup
Sweet corn – ½ cup
Raisins – 4 tablespoons
Tuna fish canned in spring water – 2 cans
Plain low-fat yoghurt – ½ cup
Honey – small amount
(Remark: 1 cup ≈ 240 ml)

Seasoning

Salt – small amount
Ground white pepper – small amount

Preparation Method

- Drain tuna fish. Wash and dice celery, set aside.
- Add honey into yoghurt as salad dressing.
- Wash tomatoes. Make into cups by cutting off top and scooping seed out.
- Mix tuna fish, celery, sweet corn and raisins with salad dressing and seasoning.
- Put mixture into tomato cups and refrigerate before serving.



智[營]提示 Smart “Nutrition” Tips

- 泉水吞拿魚的脂肪是油浸吞拿魚的五分之一。
- 以原味低脂乳酪代替傳統沙律醬有減少脂肪含量、增加鈣質的好處。蜜糖並非必要，因為提子乾本身已擁有濃郁的天然甜味。
- The fat content of tuna fish canned in spring water is only one-fifth of that of tuna fish canned in oil.
- Using plain low-fat yoghurt instead of mayonnaise can increase calcium intake and lower the fat content of this recipe. You may also omit honey as raisins naturally give rich taste of sweetness.



水果蔬菜不可少
日日記得二加三
Enjoy Fruit and Vegetables Every Day
Two plus Three is the Way

水果與蔬菜可以成為很多美味菜式的營養材料，此小冊子為大家提供一些快捷食譜，讓大家炮製一些可口的小菜，助你進食更多蔬果之餘，亦能享受入廚樂。何不快快準備，讓自己成為廚藝精湛、注重健康的家庭大廚！

Fruit and vegetables can be nutritious ingredients of a lot of great dishes. Listed in this section are some quick and delicious recipes to help increase your fruit and vegetables consumption as well as the enjoyment of preparing your own food. Let's get ready to be a skilled and health-conscious cook for your family!



衛生防護中心網頁
Centre for Health Protection Website
www.chp.gov.hk



健康蔬菜食譜
Healthy Vegetable Recipes

衛生署健康教育專線
Health Education Infoline of the Department of Health

2833 0111

鳴謝：香港營養學會及世界癌症研究基金會提供專業意見
Acknowledgement of professional advice from the Hong Kong Nutrition Association and the World Cancer Research Fund