健康蔬菜食譜
Healthy Vegetable Recipes

衛生防護中心
Centre for Health Protection

2+3
水果蔬菜不可少
日日記得二加三
Enjoy Fruits 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，讓大家炮製一些好吃的小菜，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？

Fruits 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 vegetable 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!

欲知更多，可致電衛生署健康教育熱線
For further information, please call the
Health Education Hotline of the Department of Health   2833 0111

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衛生署
Department of Health

翠 花 羹
Broccoli Chowder

(約 2 至 3 人份)
(Serves about 2 to 3 persons)

材料
西蘭花 6 両
上湯 2 杯
蛋白 3 隻（打匀）
蔥花少量
雲耳少量（浸軟切絲）
(註: 1 杯 = 240 毫升)

調味料
鹽少量

芡汁
生粉 3 湯匙
水 1/2 杯

烹調方法
• 西蘭花洗淨，放入滾水煮熟，切成小塊。
• 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
Eggs - 3 whites, beaten
Spring onion - small amount, diced
Black fungus - small amount, soaked and shredded
(Remark: 1 cup = 240 ml)

Seasoning
Salt - small amount

Sauce
Corn flour - 3 tbsp
Water - 1/2 cup

Preparation Method
• Rinse broccoli. Cook in boiling water until done. Cut into small pieces.
• Bring stock to boil. Add broccoli and black fungus. Stir in egg white. Season with salt. Thicken stock with corn flour sauce. Sprinkle with spring onion.

營養師提示 Smart Tips

• 罐裝上湯的脂肪和鹽份較高，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 high fat and salt content, canned stock is not recommended. Instead, stock can be made with lean pork or chicken without skin and visible fat should be removed before use.
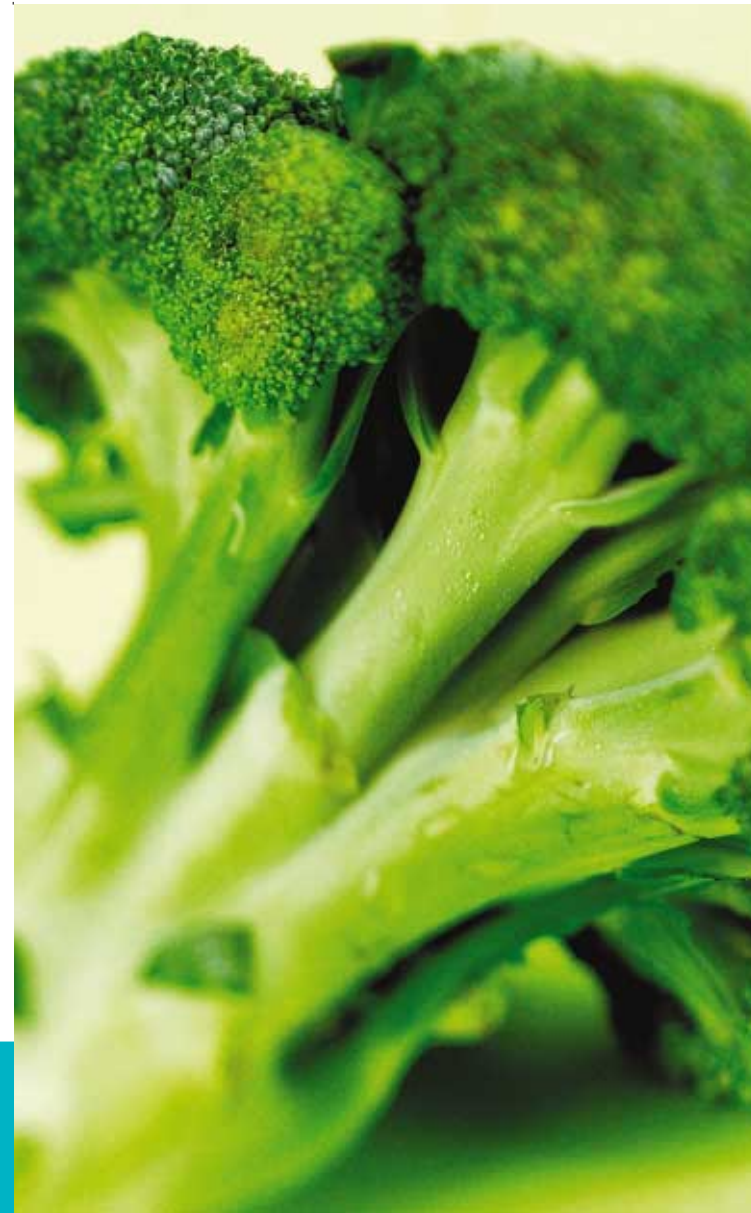
蜜豆青瓜炒蝦仁
Stir-fried Shrimps with Sugar Snap Peas and Cucumbers

(約 3 至 5 人份)
(Serves about 3 to 5 persons)

材料
蜜豆 3 両	青瓜 12 両
蝦 1/2 斤	乾蔥頭 1 粒
薑 2 片	蒜肉 1 粒 (切片)

醃料
胡椒粉少量　生粉 1 茶匙

調味料
鹽少量	生粉 1 茶匙
糖 1/4 茶匙	水 3 湯匙

烹調方法
- 將蝦去殼，去蝦頭和挑腸，洗淨，抹乾水分，下醃料拌勻，飛水。
- 蜜豆飛水，瀝乾。
- 青瓜去皮去籽，洗淨，切粗條。
- 燒熱鑊，下少量油、乾蔥頭及薑片炒香，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　　Shrimps - 300 grams
Dried shallot - 1 dice　　Garlic - 1 clove, sliced
Ginger - 2 slices

Marinade
White pepper - small amount
Corn flour - 1 tsp

Seasoning
Salt - small amount	Corn flour - 1 tsp
Sugar - 1/4 tsp	Water - 3 tbsp

Preparation Method
- Remove shells and heads of shrimps and devein. Wash and wipe dry. Add marinade ingredients and mix well. Scald briefly and set aside.
- Blanch sugar snap peas. Drain dry.
- Peel cucumbers and remove seeds. Wash and cut into large shreds.
- Heat wok. Add small amount of oil, dried 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.

營養師提示 Smart Tips
- 這個菜式的用料不但低脂，且含豐富蛋白質和纖維。但要注意蝦仁的膽固醇含量略高，份量要適可而止。
- 痛風症患者在食用前應先諮詢醫生的建議，因進食過多蝦仁和蜜豆可能會引致尿酸上升。
- 用少量生粉和水作芡汁可減少烹調時的用油份量。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 fibre. Remember, however, to keep the amount of shrimps in moderation to avoid intake of excessive cholesterol.
- People with gout should consult their doctors before consumption, because excessive intake of shrimps and sugar snap peas may cause increased level of uric acid.
- Adding corn flour sauce with water may help decrease the amount of oil used when cooking. Also, try not to use too much seasoning and condiments.

菜心瑤柱飯
Rice with Choi Sum and Dry Scallops

(約 4 至 6 人份)
(Serves about 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
Choi sum (Chinese flowering cabbage) - 600 grams
White rice - 2 small cups (about 120 ml each)
Dry scallops - 2 pieces
Ginger - 2 slices

Seasoning
Salt - small amount

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

營養師提示 Smart 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肉的二十分之一。但由於乾瑤柱的膽固醇偏高，份量要適可而止。
- 若要進一步增加纖維含量，可以混入少量紅米來代替部份白米。
- 菜心不宜切太碎，以免在烹調過程中流失過多營養成份。
- This recipe is a good replacement of rice with preserved meat. The caloric content of dry scallops is only half of that of Chinese sausage or preserved pork. Dry scallops also have 20 times less fat than preserved meat. You should, however, keep the portion of dry scallops in moderation due to its comparatively high cholesterol content.
- To increase the fibre content, you can add a small amount of brown rice in place of part of the white rice.
- Try not to over-dice choi sum in order to prevent excessive nutrient loss during cooking.

甘筍洋蔥蕃薯班戟
Carrot Pancakes with Onions and Sweet Potatoes

(約 3 至 5 人份)
(Serves about 3 to 5 persons)

材料
紅蘿蔔 (中型) 2 個 (刨絲)
洋蔥 (小型) 1 個 (切碎)
蕃薯 (中型) 2 個 (去皮刨絲)
雞蛋 2 隻

調味料
檸檬 (小型) 1/2 個 (榨汁)
生粉 3 湯匙
黑椒粉少量
橄欖油少量

烹調方法
- 將紅蘿蔔絲、洋蔥碎、蕃薯絲、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,只要避免材料互相觸碰便可。
- 每邊約煎兩分鐘直至兩面呈金黃色便成。

Ingredients
Carrots - 2 medium, grated
Onion - 1 small, finely chopped
Sweet potatoes - 2 medium, peeled and grated
Eggs - 2 whole

Seasoning
Lemon - 1/2 small, juiced
Corn flour - 3 tbsp
Black pepper - small amount
Olive oil - small amount

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

營養師提示 Smart 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,改善心臟健康。
- 橄欖油含單元不飽和脂肪酸,有助控制血液中的膽固醇水平,但由於橄欖油與其他油類的熱量一樣高,份量不宜過多。
- 患有膽固醇過高的人士,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 improve heart health.
- The monounsaturated fatty acid in olive oil is associated with better control of our blood cholesterol level. However, over-consumption is not recommended as its caloric content is as high as other types of oils.
- People with high blood cholesterol can replace 2 whole eggs with 4 egg whites.

蕃茄吞拿魚杯
Tomato Cups with Tuna

(約 6 至 8 人份)
(Serves about 6 to 8 persons)

材料

蕃茄(中型) 10 個　　西芹 1/2 杯（切粒）
粟米粒 1/2 杯　　　　提子乾 4 湯匙
罐裝鹽水吞拿魚 2 罐　原味低脂乳酪 1/2 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

* 吞拿魚隔去鹽水，西芹洗淨切幼粒待用。
* 乳酪混和蜜糖成沙律醬。
* 蕃茄洗淨，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。
* 將材料釀入蕃茄內，冷凍即成。

Ingredients

Tomatoes - 10 medium
Celery - 1/2 cup, cubed
Sweet corn - 1/2 cup
Tuna fish canned in mineral water - 2 cans
Raisins - 4 tbsp
Plain low-fat yogurt - 1/2 cup
Honey - small amount
(Remark: 1 cup = 240 ml)

Seasoning

Salt - small amount
White pepper - small amount

Preparation Method

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

營養師提示 Smart Tips

* 鹽水吞拿魚的脂肪是油浸吞拿魚的十分之一。
* 以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香。
* The fat content of tuna fish in mineral water is only one-tenth of that of tuna fish canned in oil.
* Using yogurt with honey 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 .