# 小白菜
# BOK CHOY

含有多种维生素和矿物质，尤其是维生素 C 和 K

Contains a wide variety of vitamins and minerals, particularly vitamins C and K

膳食纤维的良好来源，可以帮助控制胆固醇的水平

Good source of dietary fiber, which can help control cholesterol levels

可能支持甲状腺功能和骨骼健康

May support thyroid function and bone health

季节：5月至11月

Season: May to November

丰富的抗氧化剂来源，可以减少炎症和其他疾病

Rich source of antioxidants, which can decrease inflammation and other diseases

可能具有抗癌特性

May have anticancer properties

每 100 克

12 卡路里　　1.5g 蛋白质

0.2g 脂肪　　1g 纤维

1.8g 碳水化合物, 0.8g 总糖

PER 100 GRAMS:

12 calories　　1.5g protein

0.2g fat　　1g fiber

1.8g carb, 0.8g total sugars

吃得好，保持健康!
## Eat Well, Stay Healthy!

蔬菜聚光灯：
小白菜
## Vegetable Spotlight:
## Bok Choy

# 白菜鱼丸汤 (6-8人份)
# Bok Choy & Fish Ball Soup
(serves 6-8)

## 食材

- 6杯低盐鸡汤
- 1束白菜，把茎和叶分开
- 2根胡萝卜，切片
- 2个中等大小的西红柿，切块
- 1包鱼丸
- 1包嫩豆腐，切丁
- 3瓣大蒜，切碎
- 3汤匙油
- 2个大葱，切片

## INGREDIENTS

- 6 cups low sodium chicken stock
- 1 bunch bok choy, separate stalks from leaves
- 2 carrots, sliced
- 2 medium sized tomatoes, cut into wedges
- 1 pack fish balls
- 1 pack tofu, cubed
- 3 garlic cloves, minced
- 3 tbsp oil
- 2 scallions, sliced



在一个大锅里煮鸡汤。 加入胡萝卜、西红柿和白菜茎，滚熟。 小火炖10分钟。

Boil chicken stock in a large pot. Add carrots, tomatoes, and bok choy stalks and bring to a boil. Reduce heat and simmer for 10 min.



加入鱼丸和白菜叶，滚熟。 再煮3-5分钟。

Add fish balls and bok choy leaves and bring to a boil. Cook for another 3-5 min.



将大蒜和油放入碗中，用微波炉加热2-3 分钟，直到大蒜变成金黄色。

Combine garlic and oil in a bowl and microwave for 2-3 min, until garlic turns golden brown.



在汤中加入豆腐、大葱和大蒜油。从汤锅中取出并享受！

Add tofu, scallions, and the garlic oil to the soup. Remove from heat and enjoy!