

Homemade Vegetable Stock

Did you know you can make your own vegetable stock with kitchen scraps? Here's how:

1. Save all of your vegetable scraps (such as the tops, bottoms, skins, and stems) and place them in a large ziplock bag and in the freezer. They can stay frozen up to 6 months.
2. Continue adding vegetable scraps this until the ziplock bag is full.
3. Dump the full bag into a medium pot of water.
4. Bring the water to a boil and then let simmer for ~30 min.
5. Strain the stock.
6. Refrigerate the stock up to 4 days or freeze up to 3 months!

自制蔬菜汤

你知道你可以用厨余做自己的蔬菜汤吗？就是这样：

1. 保存所有的蔬菜残渣（例如顶部、底部、外皮和茎），并将它们放入一个大的自封袋中并放入冰箱。它们可以冷冻长达 6 个月。
2. 继续添加蔬菜碎屑，直到自封袋装满。
3. 把装满的袋子倒进一个中等大小的水锅里。
4. 把水烧开，然后炖约30分钟。
5. 把残渣过滤掉。
6. 将蔬菜汤冷藏最多 4 天或冷冻最多 3 个月！

吃得好, 保持健康! Eat Well, Stay Healthy!



蔬菜聚光灯: 莴苣

Vegetable Spotlight: Celtuce

莴苣 Celtuce

季节: 6月
Season: June

热量低, 富含维生素和矿物质, 包括铁、钙、镁、磷和钾

Low in calories and packed with vitamins and minerals, including iron, calcium, magnesium, phosphorus, and potassium

PER 100 GRAMS: 每 100 克

18 calories	0.9g protein	18 卡路里	0.9g 蛋白质
0.3g fat	1.7g fiber	0.3g 脂肪	1.7g 纤维
3.7g carb		3.7g 碳水化合物	



维生素A的重要来源, 可以保持健康的皮肤和良好的视力。

Great source of vitamin A which can maintain healthy skin and good vision.

含有维生素C, 有助于增强免疫力和对抗传染性病原体

Contains vitamin C which helps boost immunity and fights against infectious agents

锰的优良来源, 对新陈代谢、钙吸收和调节血糖很重要。

Excellent source of manganese, which is important for metabolism, calcium absorption, and regulating blood sugars.



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莴苣蛋花汤 (4人份)

Celtuce Egg Drop Soup

食材

(serves 4)

- 4杯低盐鸡汤
- 3根绿葱，葱白和葱绿分开切碎
- 1个姜片
- 1条莴苣茎，切片
- 4茶匙玉米淀粉
- 4个鸡蛋打入碗中，搅拌
- 2茶匙芝麻油
- ¼茶匙白胡椒粉

INGREDIENTS

- 4 cups low sodium chicken broth
- 3 green onions, chopped
- 1 ginger slice
- 1 celtuce stalk, sliced
- 4 tsp cornstarch
- 4 eggs, whisked
- 2 tsp sesame oil
- ¼ tsp white pepper powder

做法步骤

1. 在一个小锅里，加入鸡汤、葱白部分和生姜煮沸。转小火让汤继续煨。加入切片的莴苣。
2. 在一个小碗里加入玉米淀粉、白胡椒和 2 汤匙水搅拌均匀，倒入汤中，继续搅拌。
3. 将鸡蛋慢慢倒入汤中搅拌。
4. 上面撒上芝麻油和绿葱，即可享用！

INSTRUCTIONS

1. In a small pot, combine the chicken broth, white part of the green onion, and ginger and bring to a boil. Reduce heat and let the soup simmer. Add in the chopped celtuce.
2. Whisk together the cornstarch, white pepper, and 2 tbsp of water in a small bowl. Pour into the soup and mix well.
3. Slowly pour the eggs into the soup, then stir to break up the egg.
4. Top with sesame oil and green onions. Serve and enjoy!



厨师的小费



莴苣的茎叶都可以吃！茎可以生吃，但是烹饪会带出更多的坚果味，有时几乎是烟熏味，并保持其清脆的质地。

CHEF'S TIP

Both the stem and leaves of celtuce can be eaten! The stem can be eaten raw, however cooking it brings out more of its nutty (sometimes almost smoky) flavor, and it retains its crisp texture.