

## TIPS FOR HEALTHY COOKING

Planning for healthy meals can be challenging for individuals with busy schedules. Here are a few tips for healthy and easy cooking:

Think about various food groups: include a variety of nutritious and delicious foods from each of the five food categories in your diet plans. This includes fruits, vegetables, grains, protein, dairy, and fortified soy products.

If you want to save time, chop the fresh vegetables ahead of time. Whenever you get a moment, slice some fresh produce, such as pineapples and melons, or carrots and broccoli. They make great snacks and meals when stored in the fridge.

If you want to reduce calories and saturated fat in your cooking, cut back on frying, particularly deep frying. You can easily adjust most recipes to make them healthy. For example, consider baking, grilling, broiling, or roasting.

Fruits are natural sweeteners. To avoid adding sugar, try mixing fruits with unsweetened yogurt, cooked oats, and smoothies. Consider making overnight oats with plain yogurt, uncooked oats, and fruits instead.

Try natural seasonings. To enhance the flavors of meat, fish, and vegetables, squeeze in some lime or lemon juice after they have been cooked. Try a variety of low-sodium herbs and spices.

Pay attention to the nutrition label. See how much salt, saturated fat, and added sugars are in the food you buy by reading the label. Make the necessary adjustments to your cooking accordingly.

## 健康烹饪小窍门

对于工作繁忙的人来说，计划健康膳食可能具有挑战性。以下是一些健康而且轻松烹饪的窍门：

考虑各种食材的类别：在饮食计划中包括这五大类的营养又美味的食物，包括水果、蔬菜、谷物、蛋白质、奶制品和经强化大豆制品。

如果想节省时间，可以提前切好新鲜蔬菜。一有时间，就切一些新鲜蔬菜，如菠萝和甜瓜，或胡萝卜和西兰花。把它们放在冰箱里，它们既可以当零食，也可以当正餐。

如果您想在烹饪中减少热量和饱和脂肪，请减少煎炸食物，尤其是用油炸。您可以很容易地调整大多数食谱使饮食变得健康。例如，可以考虑烘焙、烧烤、焖烧或烘烤。

水果是天然甜味剂。为避免加糖，可尝试将水果与不加糖的酸奶、熟燕麦和奶昔混合食用。考虑用原味酸奶、未煮熟的燕麦和水果制作隔夜燕麦（Overnight Oat）。

尝试天然调味料。为了增加肉类、鱼类和蔬菜的味道，可在烹饪后挤一些青柠汁或柠檬汁。尝试各种低盐的香草和香料。

注意营养标签。通过阅读标签，了解您购买的食物中含有多少盐、饱和脂肪和添加糖。据此对烹饪做出必要的调整。

# Eat Well, Stay Healthy! 吃得好，保持健康！

Vegetable Spotlight: Frilly Pak Choi (Fun Jen)  
蔬菜聚光灯: 凤珍皱叶白菜



### References/参考资料:

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## FRILLY PAK CHOI NOODLE BOWL (Serves 4)

### 白菜拌面 (4 人份)



## INGREDIENTS

- 1/2 pound Soba
- 1.5 tablespoons Soy Sauce low-sodium
- 2 teaspoons Toasted Sesame Oil
- 1/2 teaspoon Chili Sauce to taste
- 1 clove Garlic, finely minced or grated
- 1/2 bunch Scallions chopped (about 1 cup)
- 1/2 Cucumber cut in half lengthwise and thinly chopped (about 1 cup)
- 1 Carrots coarsely grated (about 1 cup)
- 1/4 Frilly Pak Choi (variety name Fun Jen) shredded (about 1 cup)
- Salt to taste
- Black Pepper to taste
- 1/2 cup Firm Tofu, diced (optional)

## 配料

- 1/2 磅荞麦面
- 1.5 汤匙低盐酱油
- 2 茶匙烤芝麻油
- 1/2 茶匙辣椒酱调味
- 1 瓣大蒜，切碎
- 1/2 束切碎的葱花 (约 1 杯)
- 1/2 根黄瓜纵向对半切开，切成薄片 (约 1 杯)
- 1 根胡萝卜，切丝 (约 1 杯)
- 1/4 凤珍皱叶白菜，切丝 (约 1 杯)
- 盐适量
- 黑胡椒适量
- 1/2 杯豆腐，切丁 (可选)

## DIRECTIONS

1. Prepare the noodles according to the package instructions. Rinse them under cold water and put them in a colander to drain.
2. Put the shredded cabbage, carrots, and cucumber in a pan and boiling them about 3-5 minutes until tender.
3. In a large bowl, mix the soy sauce, sesame oil, chili sauce, scallions, garlic, cucumber, carrot, and frilly pak choy.
4. Add the noodles toss everything together with a fork or tongs. Gently stir in tofu, if using. Taste and add salt and pepper as needed. Let the noodles sit in the fridge for about an hour if you can. The flavors will mingle and become more intense.

## 步骤

1. 按照包装说明准备面条。并用冷水冲洗，然后放入滤网中沥干。
2. 将凤珍皱叶白菜、胡萝卜丝和黄瓜丝放入锅中，煮 3-5 分钟直至变软。
3. 在一个大碗中，将酱油、芝麻油、辣椒酱、葱、蒜、黄瓜、胡萝卜和凤珍皱叶白菜混合在一起。
4. 加入面条，用叉子或夹子将所有材料拌匀。如果使用豆腐，轻轻搅拌。尝尝味道，根据喜好添加盐和胡椒。有时间的话让面条在冰箱里放置一个小时候左右。这样面条的味道会更加浓郁。



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