

TIPS FOR EATING MORE VEGETABLE

Maintaining a balanced diet is essential throughout life. A balanced diet includes a variety of fruits, vegetables, grains, protein, dairy, and fortified soy products. Make sure to select nutrient-dense vegetables that are low in sodium, saturated fat, and added sugars. Here are a few tips to consider:

- Include vegetables as part of your meal. Make a breakfast sandwich or omelet with whatever vegetables in the fridge or cooked vegetables you have left over. Or, for a nutritious and flavorful breakfast smoothie, try adding various vegetables, such as spinach. Vegetables are great snack options, for example, carrot, celery, or cherry tomatoes.
- Vegetables are great for stir-fry. Some ideas include adding low-sodium canned mushrooms with some carrots, tofu, shredded cabbage, and greens for a fast dinner. To add plant-based protein sources, tofu can be a great option.
- Vegetables are great for salads and sandwiches. For a colorful and flavorful salad, try adding corn kernels, sliced radishes, or diced red onions. To enhance the taste and texture of your sandwich, try topping it with thinly sliced sweet onions or spinach.

多吃蔬菜的小窍门

保持均衡饮食对人的一生都至关重要。均衡饮食包括食用各种水果、蔬菜、谷物、蛋白质、奶制品和经强化豆制品。确保选择低盐、低饱和脂肪和低添加糖的蔬菜。以下是一些可供参考的建议：

- 将蔬菜作为膳食的一部分。用冰箱里的蔬菜或剩菜做早餐三明治或煎蛋卷。或者，如果想制作营养丰富、味道鲜美的早餐蔬菜汁或奶昔，可以尝试添加各种蔬菜，如菠菜。此外，蔬菜是很好的零食选择，例如可选择胡萝卜、芹菜或樱桃番茄。
- 蔬菜可用于日常炒菜中。一些食谱创意包括添加低盐罐装蘑菇、胡萝卜、豆腐、卷心菜丝和绿色蔬菜，做成快手小炒。若想在膳食添加植物性蛋白，豆腐是一个不错的选择。
- 蔬菜是做沙拉和三明治的最佳选择。想要色香味俱全的沙拉，可以尝试加入玉米粒、萝卜片或红洋葱丁。为了增强三明治的口感和质感，可以尝试在上面放上切成薄片的甜洋葱或菠菜。

Eat Well, Stay Healthy! 吃得好，保持健康！

Vegetable Spotlight: Gai Choi/ Bunching Mustard
蔬菜聚光灯: 芥菜



References/参考资料:

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SAUTÉED GAI CHOI/BUNCHING MUSTARD(Serves 4) 清炒芥菜 (4 人份)



INGREDIENTS

- 1 pound Gai Choi/Bunching Mustard
- 4 cloves Garlic Medium
- 2 tablespoons Canola Oil
- 1/4 teaspoon Salt
- 1/4 teaspoon ground Black Pepper

配料

- 1 磅芥菜
- 4 瓣中等大小的大蒜
- 2 汤匙菜籽油
- 1/4 茶匙盐
- 1/4 茶匙黑胡椒碎

DIRECTIONS

1. In a large bowl filled with cold water, add cut greens. Allow any dirt to settle at the bottom of the bowl. If greens are very dirty, repeat this step. Lift greens out of bowl. Shake off any excess water.
2. Peel and mince garlic.
3. Heat oil and garlic in a large skillet over medium-high heat.
4. Add greens. Use caution, as oil might splatter when damp greens are placed in hot pan. If greens can't all fit in the pan at once, cook in two batches.
5. Stir greens until wilted, about 1 - 2 minutes. If garlic starts to brown or burn, reduce heat to medium-low.
6. Season with salt and pepper. Serve right away.

步骤

1. 在一个装满冷水的大碗中，放入切好的芥菜。浸泡让污物沉淀在碗底。如果菜叶很脏，可重复此步骤。将蔬菜从碗中捞出。甩掉多余的水。
2. 大蒜去皮并切碎。
3. 在大平底锅中加入油和大蒜，开中高火。
4. 加入芥菜。把湿的芥菜放入热锅中时，油可能会飞溅，因此要小心。如果芥菜不能一次全部放入锅中，可分两次烹饪。
5. 搅拌芥菜直至变蔫，约 1 - 2 分钟。如果大蒜开始变黄或烧焦，将火调至中小火。
6. 用盐和胡椒调味。立即食用。



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