

## TIPS FOR COOKING LEAFY GREENS

Cooking leafy greens can be a lot of fun. Here are a few examples:

- **Cooking:** Leafy greens can be sautéed, stewed, or put into soups. For example, bok choy can be used in steaming, stir-frying, or braising (a cooking method similar to stewing but typically used for larger chunks of meat and requiring less liquid).
- **Flavors:** It is simple to add taste to greens. Onions, garlic, herbs, and spices are great seasoning options since they enhance the taste without adding extra salt. Another way to boost flavors is to use a low-sodium broth.
- **Bitter flavors:** Some greens may have a bitter flavor, such as kale. To counteract the bitterness, add a dash of acid, such as vinegar or lemon juice, just before serving.
- **Salad:** Leafy greens can be used to make a healthy salad with fruits, vegetables, meats, nuts or seeds, and other ingredients.
- **Smoothies:** Greens such as spinach and kale can be blended into fruit smoothies to create a tasty green treat. Make sure to add the greens first, then mix until smooth.

**Bonus tips:** You might not need to wash the salad greens again if they come in a plastic bag or container labeled "pre-washed." However, always check the label before using, and if you are still unsure, wash the greens.

## 烹饪绿叶菜的技巧

烹饪绿叶蔬菜可以是一件非常有趣的事情。以下是几个例子：

- **烹饪：**绿叶菜可以炒、炖或煮汤。例如，大白菜可用于蒸、炒或焗（一种类似于炖的烹饪方法，但通常用于大块肉，需要的汤汁较少）。
- **调味：**为绿色蔬菜调味很简单。洋葱、大蒜、香草和调料都是很好的调味选择，因为它们在不额外加盐的情况下提升口感。另一种提味方法是使用低盐肉汤。
- **苦味：**有些蔬菜可能带有苦味，如羽衣甘蓝。为了消除苦味，可在食用前加入少许酸性调料，如醋或柠檬汁。
- **沙拉：**绿叶蔬菜可与水果、蔬菜、肉类、坚果或籽类及其他配料一起制作健康沙拉。
- **特调饮品/奶昔：**菠菜和羽衣甘蓝等绿叶菜可与水果制成饮品。确保先加入绿色蔬菜，然后搅拌至顺滑。

**额外小窍门：**如果沙拉蔬菜包装上标有“预洗”字样，您可不需再次清洗。不过，在使用前一定要查看标签，如果仍不确定，请将蔬菜洗净。

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### References/参考资料:

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## SHRIMP AND SPINACH WHOLE-GRAIN PASTA (Serves 4)

### 虾仁菠菜全麦意面 (4 人份)



## INGREDIENTS

- 1 pound Whole-Grain Pasta
- 2 cups Spinach
- 2 tablespoons Olive Oil
- 5 cloves Garlic, finely minced
- 1 pint Cherry Tomatoes, halved
- 1 pound Shrimp medium, peeled and deveined
- 1/2 teaspoon Salt
- 1/2 teaspoon Pepper

## 配料

- 1 磅全麦意大利面
- 2 杯菠菜
- 2 汤匙橄榄油
- 5 瓣大蒜，切碎
- 1 品脱樱桃番茄，切半
- 1 磅虾，中等大小，去壳
- 1/2 茶匙盐
- 1/2 茶匙胡椒粉

## DIRECTIONS

1. Bring a large pot of salted water to a boil. Add the whole-grain pasta and cook as the label directs. Two minutes before the pasta is set to be done, add the greens to the water. Drain and rinse under cold water; transfer to a large bowl.
2. Combine the shrimp, salt, and a few grinds of pepper in a medium bowl. Heat the olive oil in a large skillet over medium-high heat. Add the garlic and cook until golden, about one minute. Add the shrimp and cook until pink, about three minutes per side.
3. Add the tomatoes and cook, stirring often, until slightly softened, about two minutes.
4. Add the shrimp mixture to the bowl with the whole-grain pasta. Toss to combine with a little extra olive oil.

## 步骤

1. 将一大锅加盐的水烧开。加入全麦意大利面，按标签指示烹煮。在面条煮熟前两分钟，将蔬菜放入水中。沥干后在冷水中冲洗干净，放入一个大碗中。
2. 将虾、盐和胡椒粉放入一个中等大小的碗中。在大平底锅中加入橄榄油，中高火烧热。加入大蒜，煮至金黄，约一分钟。加入虾，煮至粉红色，每面约三分钟。
3. 加入樱桃番茄，边煮边搅拌，直至略微变软，约两分钟。
4. 将虾加入盛有全麦意大利面的碗中。加少许橄榄油搅拌均匀。



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