

## HEALTH BENEFITS OF VEGETABLES

Vegetables contain a lot of great nutrients, including potassium, dietary fiber, folate, vitamin A, and vitamin C. Moreover, the calorie and fat content of most vegetables is low by nature. However, keep in mind that some condiments and sauces might contain increased calorie and fat content.

To keep blood pressure in a healthy range, a potassium-rich diet may be helpful. Vegetables that contain high potassium include potatoes, white beans, tomato products (paste, sauce, and juice), beans (soybeans, lima beans, and kidney beans), lentils, spinach, and acorn squash. Second, eating dietary fiber from vegetables has multiple health benefits, including lowering blood cholesterol levels and potentially reducing the risk of heart diseases. Vitamin A promotes eye and skin health and protects against infections. Lastly, vitamin C aids in wound healing, promotes tooth and gum health, and enhances iron absorption.

In summary, regularly consuming vegetables and fruits as part of a healthy diet promote general health.

### 蔬菜的健康益处

蔬菜含有大量的营养物质，包括钾、膳食纤维、叶酸、维生素A和维生素C。而且，大多数蔬菜的热量和脂肪含量很低。然而，请记住，某些调味品和酱汁可能含有额外的卡路里和脂肪含量。

吃富含钾的食物可能会帮助血压保持在健康范围内。含钾高的蔬菜包括土豆、白豆、番茄制品（番茄酱、番茄汁和番茄果汁）、豆类（大豆、利马豆和芸豆）、扁豆、菠菜和橡子南瓜。其次，蔬菜中的膳食纤维对健康有多种好处，包括降低胆固醇水平，并可能降低患心脏病的风险。维生素A促进眼睛和皮肤健康并防止感染。最后，维生素C有助于伤口愈合，促进牙齿和牙龈健康，并增强铁的吸收。

总结来说，作为健康饮食的一部分，定期食用蔬菜和水果可以促进整体健康。

# Eat Well, Stay Healthy! 吃得好，保持健康!

Vegetable Spotlight: Summer Squash  
蔬菜聚光灯: 西葫芦



#### References/参考资料:

1. U.S. Department of Agriculture. Vegetables. <https://www.myplate.gov/eat-healthy/vegetables>. Accessed January 26, 2024.
2. California Department of Social Services. Find a recipe. <https://eatfresh.org/find-a-recipe/>. Accessed December 7, 2023.

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# SUMMER SQUASH MUFFINS

(Serves 4)

## 西葫芦松饼 (4 人份)



## INGREDIENTS

- Nonstick Cooking Spray
- 2/3 Eggs
- 1/8 cup Applesauce
- 1/8 cup Granulated Sugar
- 1/3 teaspoon Vanilla Extract
- 3/8 cups Whole Wheat Flour
- 1/8 teaspoon Salt
- 1/3 teaspoon Baking Soda
- 1/2 teaspoons Ground Cinnamon
- 1/8 teaspoon Ground Ginger
- 1/8 teaspoon Ground Cloves
- 2/3 cups Summer Squash grated
- 1/8 cup Raisins
- 1/4 cup Pecans toasted, chopped or Walnuts chopped

## 配料

- 不粘烹饪喷雾油
- 2/3 鸡蛋
- 1/8 杯苹果酱
- 1/8 杯砂糖
- 1/3 茶匙香草精
- 3/8 杯全麦面粉
- 1/8 茶匙盐
- 1/3 茶匙小苏打
- 1/2 茶匙肉桂粉
- 1/8 茶匙生姜粉
- 1/8 茶匙丁香粉
- 2/3 杯西葫芦
- 1/8 杯葡萄干
- 1/4 杯烤过的山核桃，切碎或核桃，切碎

## DIRECTIONS

1. Place an oven rack in the middle of the oven. Preheat oven to 350°F.
2. Spray muffin pan (12 muffin cups total) with nonstick cooking spray and set aside.
3. In a large bowl, stir together eggs, applesauce, granulated sugar, and vanilla extract.
4. In a separate bowl, stir together flour, salt, baking soda, cinnamon, ginger, and cloves.
5. Stir flour mixture into egg mixture until just barely blended (there may be a few small lumps).
6. Gently stir in summer squash, raisins, and nuts.
7. Divide batter evenly among muffin cups. Bake 20 minutes or until a wooden toothpick inserted in the center of a muffin comes out clean.
8. Remove muffin pans from oven and let muffins stand for 5 minutes.
9. Remove muffins from pan and place them on a wire rack to finish cooling. Serve warm or at room temperature.

## 步骤

1. 将烤架放在烤箱中间。烤箱预热至350°F。
2. 在松饼盘（共12个松饼杯）上喷上不粘烹饪喷雾油，然后放在一边。
3. 在一个大碗中，加入鸡蛋、苹果酱、细砂糖和香草精，搅拌均匀。
4. 另取一碗，加入面粉、盐、小苏打、肉桂粉、生姜粉和丁香粉，搅拌均匀。
5. 将面粉混合物加入鸡蛋混合物中搅拌，直至混合均匀（可能会有一些小疙瘩）。
6. 轻轻搅拌西葫芦、葡萄干和坚果。
7. 将面糊平均分配到松饼杯中。烘烤20分钟，直至用木质牙签插入松饼中心，取出时没有粘着面糊。
8. 将松饼盘从烤箱中取出，静置5分钟。
9. 将松饼从烤盘中取出，放在网架上冷却。趁热或室温下食用。



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