

TIPS FOR ADDING PROTEIN TO YOUR DIET

Protein is a key component of a healthy diet. These are some good tips to get started:

Add protein to your meals. Tofu, eggs, lean meat and poultry, fish, nuts, seeds, lentils, and beans are just a few of the many excellent protein options and they provide great nutrients to our bodies.

Use lentils, peas, and beans in creative ways. For example, meat goes wonderfully with beans. You can add beans to your stew or soup. Red bean soup is delicious as a summertime dessert. Lots of delicious recipes can be found on the internet.

Keep your snacks protein-rich. Some ideas include dipping some apple or celery slices in peanut or nut butter or putting some on whole-grain crackers. Another great protein snack is a hard-boiled egg with a little pepper. Put some sunflower seeds and unsalted nuts in your bag for a crispy snack. For a little sweetness, try adding some chopped dates, raisins, cranberries, or other dried fruits you want.

Stock up on seafood. Seafood in a can, whether it be salmon, tuna, or crab, is convenient and easy to make. Foods in cans also can keep for a long time.

在饮食中添加不同蛋白质的窍门

蛋白质是健康饮食的关键组成部分。以下是一些很好的方法：

在膳食中添加蛋白质。豆腐、鸡蛋、瘦肉和家禽、鱼、坚果、籽类、扁豆和豆类只是众多优质蛋白质选择中的一部分，它们为我们的身体提供了丰富的营养。

创意地运用扁豆、豌豆和豆类食材。例如，肉搭配豆类味道很好。您可以将豆类添加到炖菜或汤中。红豆汤是夏季美味的甜点。在网上可以找到许多美味的食谱。

选择富含蛋白质的零食。一些建议包括把苹果片或芹菜条蘸花生或坚果酱吃，或者把酱涂抹在全麦饼干上。另一个很好的蛋白质零食是吃煮熟的鸡蛋，可撒上一些胡椒调味。在包里放一些葵花籽和无盐坚果，即可制成香脆小吃。如果想要一点甜味，可以尝试添加一些切碎的枣子、葡萄干、蔓越莓或其他您喜欢的干果。

备一些海鲜。罐装海鲜，无论是三文鱼、金枪鱼还是蟹肉，都很方便简单。罐头食品也可以保存很长时间。

References/参考资料:

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2. California Department of Social Services. Find a recipe. <https://eatfresh.org/find-a-recipe/>. Accessed December 7, 2023.

Eat Well, Stay Healthy!

吃得好，保持健康！

Vegetable Spotlight: Hon Tsai Tai

蔬菜聚光灯: 红菜苔



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Vegetable And Meat With Fried Rice (Serves 4)

蔬菜肉末炒饭 (4 人份)



INGREDIENTS

- 1.5 cups Water
- 3/4 cup Red Rice uncooked
- 1 tablespoon Olive Oil
- 8 ounces Ground Turkey lean
- 4 teaspoons Soy Sauce low-sodium
- 3 cups Vegetables such as hon tsai tai, carrots, bell peppers, pea pods
- 1/2 teaspoon Black Pepper

配料

- 1.5 杯水
- 3/4 杯生红米
- 1 汤匙橄榄油
- 8 盎司火鸡瘦肉末
- 4 茶匙低盐酱油
- 3 杯蔬菜，如红菜苔、胡萝卜、甜椒、豌豆荚
- 1/2 茶匙黑胡椒

DIRECTIONS

1. In a large saucepan, bring water to a boil. Add rice and cover the pan. Reduce heat to low. Cook 30 to 40 minutes or until rice is tender. Remove pan from heat using a pot holder.
2. In a large skillet, heat oil over medium heat. Add ground turkey. Cook and stir for about 5 minutes or until meat is no longer pink. Reduce heat to low.
3. Stir in soy sauce.
4. Add cooked rice, vegetables, and black pepper. Increase heat to medium-high. Cook and stir for about 5 minutes or until vegetables are tender and mixture is hot.

步骤

1. 在一个大锅中，将水烧开。加入米，盖上锅盖。将火调至小火。煮 30-40 分钟，直至米饭变软。将锅从火上拿开。
2. 在一个大平底锅中，用中火加热油。加入火鸡瘦肉末。烹煮并搅拌约 5 分钟，直至肉不再呈粉红色。将火调至小火。
3. 加入酱油搅拌。
4. 加入煮好的米饭、蔬菜和黑胡椒。加热至中高火。烹煮并搅拌约 5 分钟，直至蔬菜变软、肉和饭变热。



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