

THE BASICS OF VEGETABLES

Which examples belong to the vegetable group?

Any vegetables or juice made entirely from vegetables. Vegetables come in a variety of forms, including raw, cooked, frozen, canned, and dried. You can eat them whole, chop them up, or mash them. Dark green; red and orange; bean, pea, and lentil; starchy, and other vegetables are the five nutritional categories to classify vegetables.

What are the benefits of eating vegetables?

Consuming vegetables has many positive effects on health. A healthy body relies on the nutrients from vegetables. A diet high in vegetables is linked to a reduced risk of certain diseases, such as heart diseases.

How many vegetables do I need daily?

It depends on various factors, such as age, sex, height, weight, level of physical activity, or whether you are pregnant or nursing.

蔬菜的基本知识

哪些例子属于蔬菜类？

任何蔬菜或完全由蔬菜制成的果汁。蔬菜的形式多种多样，包括生的、熟的、冷冻的、罐装的和干的。您可以整棵吃、切碎或捣碎吃。深绿色；红色和橙色类；豆类、豌豆和扁豆；淀粉类和其他蔬菜是蔬菜的五大营养分类。

吃蔬菜有什么好处？

食用蔬菜对健康有许多积极的影响。健康的身体有赖于蔬菜中的营养成分。多吃蔬菜与降低患某些疾病（如心脏病）的几率相关。

我每天需要多少蔬菜？

这取决于各种因素，如年龄、性别、身高、体重、运动量或是否怀孕或哺乳。

Eat Well, Stay Healthy! 吃得好，保持健康！

Vegetable Spotlight: Pea Shoots

蔬菜聚光灯: 豆苗



References/参考资料:

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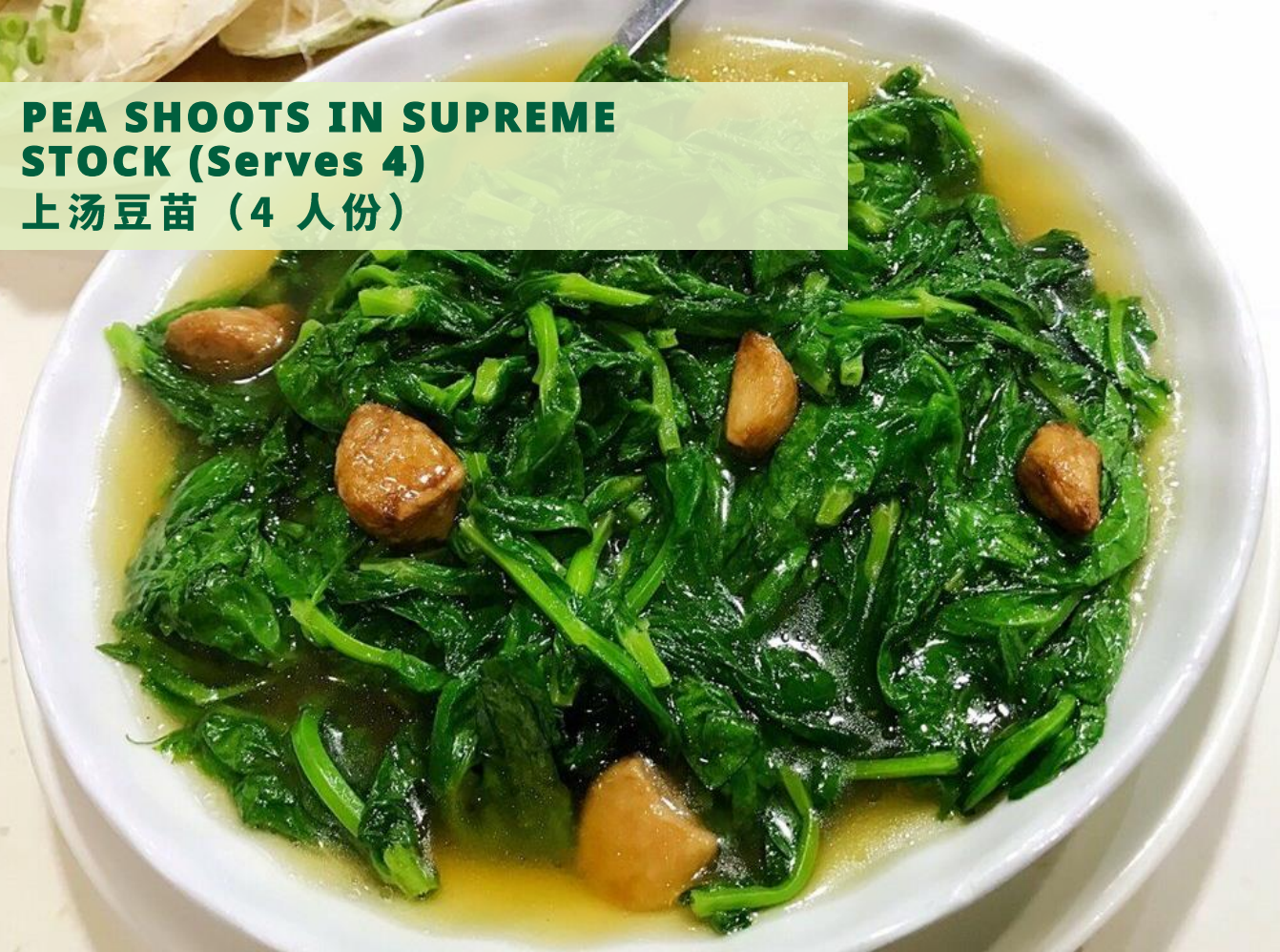
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This resource is supported by the National Institutes of Health, National Institutes of Minority Health and Health Disparities grants U54MD000538 and R01MD018204.

PEA SHOOTS IN SUPREME STOCK (Serves 4)

上汤豆苗 (4 人份)



INGREDIENTS

- 1 teaspoon Vegetable Oil or Olive Oil
- 1/2 teaspoon Ginger, minced
- 1 pound Pea Shoots
- 2 teaspoons Cooking Wine
- 1 pinch Sugar
- 1/4 teaspoon Salt
- 1/2 cup Supreme Stock low-sodium or Chicken Broth low-sodium
- 1 teaspoon Cornstarch
- 1 Red Chili Peppers, chopped, for garnish (optional)

配料

- 1 茶匙植物油或橄榄油
- 1/2 茶匙生姜，切碎
- 1 磅豆苗
- 2 茶匙料酒
- 1 小撮糖
- 1/4 茶匙盐
- 1/2 杯低盐高汤或低盐鸡汤
- 1 茶匙玉米淀粉
- 1 个红辣椒，切碎，用于装饰（可选）

DIRECTIONS

1. Heat a nonstick wok or large pan over high heat. Add oil, swirling to coat sides.
2. Add ginger. Stir until fragrant. Add pea shoots, wine, and sugar. Stir-fry until cooked but still bright green and crisp, about 3 to 5 minutes. Remove and place on a serving plate.
3. In a medium saucepan over medium heat, add cornstarch, salt and stock, and stir constantly. Cook for about 1 minute, or until hot, to make a thin sauce.
4. Pour sauce over pea shoots and garnish with red pepper (optional).

步骤

1. 用大火加热不粘锅或大平底锅。加入油，让油均匀地涂在锅上。
2. 加入生姜。炒出香味。加入豆苗、料酒和糖。炒至熟透，但仍保持翠绿和脆感，约3至5分钟。取出，放在盘中。
3. 取一中号汤锅，加入玉米淀粉、盐和高汤，中火加热，不断搅拌。煮约1分钟，直至变热，调成稀薄的酱汁。
4. 将酱汁浇在豆苗上，用红椒点缀（可选）。



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