

## QUICK AND EASY SALT-FREE FLAVORING OPTIONS

Did you know there are lots of salt substitutes we can use for flavoring? They are quick and simple to use.

**Spices:** Begin by adding a pinch, then sauté in oil for 30 seconds to release the flavors.

**Herbs:** For dry herbs like rosemary, add them at the start of the cooking stage. For fresh herbs like parsley, add them toward the end. Keep in mind that a tablespoon of fresh herbs is equivalent to one teaspoon of dry herbs.

**Cilantro:** can be easily paired with rice, noodles, or entrees.

**Citrus and vinegars:** Juice and zest bring a burst of color and harmony to your dishes. If you want a balanced flavor, add vinegar first and citrus juice last while cooking.

**Spicy:** include dried chilies or jalapenos. To reduce the spicy flavor of peppers, remove their seeds before adding them to meals.

Lastly, add some aromatic ingredients, such as ginger, garlic, peppers, or onions, to make your meals more exciting. If you want savory flavors, try adding mushrooms, potatoes, or celery.

### 快速便捷的盐替代品选择

你知道有很多盐替代品可以用来调味吗？它们使用起来便捷又简单。

**香料：**首先添加一小撮进锅里，然后在油中翻炒30秒，使香味释放出来。

**香草：**对于迷迭香等干香草，可在烹饪开始时加入。对于欧芹等新鲜香草，可在最后加入。记住，一汤匙新鲜香草相当于一茶匙干香草。

**香菜：**可与米饭、面条或主菜轻松搭配食用。

**柑橘和醋：**果汁和果皮可为菜肴带来丰富的色彩和和谐的口感。如果想要均衡的风味，可在烹饪时先加入醋，最后加入柑橘汁。

**辣味：**加入干辣椒或墨西哥辣椒。要减少辣椒的辣味，可在烹饪前去除辣椒的籽。

最后，添加一些香料，如生姜、大蒜、辣椒或洋葱，让您的菜肴更具有风味。如果想要咸香味，可以尝试加入蘑菇、土豆或芹菜。

# Eat Well, Stay Healthy! 吃得好，保持健康！

Vegetable Spotlight: Yellow Onions  
蔬菜聚光灯: 黄洋葱



#### References/参考资料:

1. New York City Department of Health and Mental Hygiene. Nutrition education handouts for adults. <https://www.nyc.gov/assets/doh/downloads/pdf/cdp/nutrition-education-handouts-adult-workshops.pdf>. Accessed January 26, 2024.

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

**HarvestShare**  
Our Communities, Our Foods.

**共享丰收**  
我们的社区 我们的食材

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

# LEMONGRASS CHICKEN SOUP (Serves 4) 香茅鸡肉汤 (4 人份)



## INGREDIENTS

- 1 1/3 pounds Chicken Legs skinless
- 2 2/3 stalks Lemongrass white and pale-yellow parts, smashed and chopped
- 2 2/3 stalks Green Onions, halved crosswise
- 2/3 Yellow onion, halved
- 2/3 tablespoon Fresh Ginger about 1 inch, half thinly sliced and half cut into thin strips
- 2/3 fresh Serrano chili Pepper, seeded
- 2/3 teaspoon Peppercorns
- 6 2/3 cups Water
- 2/3 bunch Cilantro about 1/3 cup
- 2/3 bunch Mint about 1/4 cup
- 2/3 tablespoon Low-Sodium Soy Sauce
- 2/3 cup Mushrooms, sliced

## 配料

- 1 1/3 磅鸡腿, 去皮
- 2 2/3 根香茅, 把白色和淡黄色部分捣碎并切碎
- 2 2/3 根葱, 横向切半
- 2/3 个黄洋葱, 切半
- 2/3 汤匙鲜姜, 约 1 英寸, 一半切成薄片, 一半切成细条
- 2/3 个新鲜塞拉诺辣椒, 去籽
- 2/3 茶匙花椒粒
- 6 2/3 杯水
- 2/3 束香菜, 约 1/3 杯
- 2/3 束薄荷, 约 1/4 杯
- 2/3 汤匙低盐酱油
- 2/3 杯蘑菇, 切片

## DIRECTIONS

1. Place chicken, mushroom, lemongrass, green onions, yellow onion, sliced ginger, chili, peppercorns, and water in large pot. Cover; bring to boil and then simmer 1 hour.
2. Add cilantro and mint stems; simmer 15 minutes; strain. Reserve broth, chicken, and mushroom; discard remaining solids.
3. Shred chicken; discard bones. (Optional: Refrigerate broth and chicken separately for 4 hours or overnight; skim fat from broth.)
4. Combine chicken, ginger strips, cilantro leaves, sliced mint, low-sodium soy sauce and mushrooms in bowl.
5. Divide broth among bowls; serve with chicken mixture on the side.

## 步骤

1. 将鸡肉、蘑菇、柠檬草、葱、黄洋葱、姜片、辣椒、花椒和水放入大锅中。加盖, 煮沸后小火慢炖 1 小时。
2. 加入香菜和薄荷茎, 煮 15 分钟, 过滤。保留肉汤, 鸡肉和蘑菇, 丢弃剩余香料。
3. 将鸡肉切成丝; 丢弃骨头。(可选: 将肉汤和鸡肉分别冷藏 4 小时或过夜; 撇去肉汤中的脂肪)。
4. 将鸡肉、姜条、香菜叶、薄荷片、低盐酱油和蘑菇放入碗中。
5. 将肉汤分到各碗中, 配上鸡肉享用。



SCAN FOR  
MORE RECIPES

扫描此处  
获取更多食谱