

農夫市場食譜

點按下方的水果和蔬菜，瀏覽美味食譜。

主要食材	頁碼	主要食材	頁碼
蘋果	3	秋葵	49
甜菜	5	桃子	51
黑豆	9	梨子	53
藍莓	11	甜椒	55
燉綠葉蔬菜	13	李子	57
綠花椰菜	15	馬鈴薯	59
抱子甘藍	17	南瓜	63
奶油瓜	19	櫻桃蘿蔔	65
高麗菜	21	紅豆	67
胡蘿蔔	29	香料混合調料	71
鷹嘴豆	31	菠菜	75
玉米	35	草莓	79
黃瓜	37	夏南瓜	81
茄子	39	蕃薯	83
果味水	41	蕃茄	87
四季豆	43	西瓜	91
萵苣	45	冬青菜	93
甜瓜	47		

如需健康飲食建議，請在 Facebook 上 (facebook.com/eatinghealthynyc) 為我們按讚。如需更多 Stellar Farmers Market (優選農夫市場) 專案相關資訊，請造訪 nyc.gov/health/farmersmarkets。如需瀏覽更多美味食譜，請造訪 jsyfruitveggies.org。本資料由美國農業部 (United States Department of Agriculture, USDA) 補充營養援助計畫 (Supplemental Nutrition Assistance Program, SNAP) 贊助。

Traditional Chinese

NYC
Health

Just Say Yes to Fruits and Vegetables

Apples

- Choose firm apples that have smooth, bright skins with no bruises.
- Store unwashed apples in the refrigerator for up to 3 to 4 weeks.
- Skin can be eaten. Simply rinse and enjoy!
- Apples have fiber, especially in the skin, which helps to keep you regular.



Applesauce

Ingredients:

6 apples, diced
1 teaspoon cinnamon
(optional)

Directions:

1. In a medium pot, place apples, cinnamon and 1 cup of water.
2. Bring apples to a boil over high heat, stirring often.
3. Reduce heat to medium and simmer the apples for 30 minutes or until they are very soft. Stir often.
4. Leave lumpy or mash with a fork for a smoother sauce.
5. Serve warm or chilled.
6. Refrigerate leftovers.

Makes 6 servings.

Apple and Pear Stir-Fry

Ingredients:

2 teaspoons vegetable oil
2 apples, chopped
1 pear, chopped
2 tablespoons lemon juice
1/2 teaspoon cinnamon
1/8 teaspoon ground
nutmeg

Directions:

1. In a large pot, heat oil over medium heat.
2. Add apples and cook for 3 minutes.
3. Add pears and lemon juice. Cook for another 3 minutes.
4. Sprinkle cinnamon and nutmeg. Continue to cook for another 3 minutes.
5. Serve and enjoy!
6. Refrigerate leftovers.

Makes 6 servings. Adapted from **diabetic-recipes.com**.

Quick Tips

- Squeeze lemon juice over cut apples to keep them from turning brown.
- Carry an apple with you for a quick snack.
- Add chopped apples to oatmeal, either before or after cooking.

Kids can:

- Rinse apples.
- Spread peanut butter on apple slices.

蘋果



- 請挑選表皮光滑、發亮且沒有損傷的鬆脆蘋果。
- 請將未洗過的蘋果存放在冰箱中最多 3 至 4 週。
- 可連皮一起吃。只要清洗一下即可享用！
- 蘋果含有纖維，尤其是蘋果皮，有助於保持規律的排便。

蘋果醬

食材：

- 6 顆蘋果，切丁
- 1 茶匙肉桂 (可以不加)

做法：

1. 備中型鍋，加入蘋果、肉桂和 1 杯水。
2. 將蘋果用大火沸煮，需不時攪拌。
3. 轉中火並燉煮蘋果 30 分鐘或直到軟爛。期間不時攪拌。
4. 保持蘋果的塊狀或是用叉子搗碎，製作成可口的蘋果醬。
5. 可以在溫熱狀態下或冷藏後食用。
6. 如未食完，冷藏保存。

可做 6 人份。

炒蘋果和梨子

食材：

- 2 茶匙蔬菜油
- 2 顆蘋果，切碎
- 1 個梨子，切碎
- 2 湯匙檸檬汁
- 1/2 茶匙肉桂
- 1/8 茶匙荳蔻粉

做法：

1. 備大鍋，開中火，將鍋中油加熱。
2. 加入蘋果，烹煮 3 分鐘。
3. 加入梨子和檸檬汁。再烹煮 3 分鐘。
4. 撒上肉桂和荳蔻粉。繼續再煮 3 分鐘。
5. 裝盤即可享用！
6. 如未食完，冷藏保存。

可做 6 人份。改編自 diabetic-recipes.com。

小貼士

- 在切好的蘋果上淋上檸檬汁，避免蘋果變成褐色。
- 隨身攜帶蘋果，當作方便的點心。
- 在烹煮之前或之後，可將切碎的蘋果加入燕麥中。

孩子們可以：

- 清洗蘋果。
- 在蘋果切片上塗花生醬。

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Traditional Chinese

Just Say Yes to Fruits and Vegetables

NYC
Health

Beets

- Choose firm, smooth beets with a rich, dark color.
- Separate beet greens from roots, keep in the refrigerator and use within 2 weeks.
- Before eating, remove beet greens, leaving 1 inch of stem.
- Scrub beets well and keep the skin on. Beets may be roasted, boiled or eaten raw.
- Beets have fiber, which helps to keep you regular.



Gingered Beet and Carrot Slaw

Ingredients:

4 cups grated beets
4 cups grated carrots
1/2 cup chopped onion
1/2 cup chopped poblano pepper
1 tablespoon minced ginger
2 tablespoons lime juice
1 tablespoon vegetable oil
2 teaspoons mustard
1/4 cup chopped fresh cilantro
Salt and black pepper to taste

Directions:

1. To make the slaw, combine the beets, carrots, onion, poblano pepper and ginger in a large bowl.
2. In a small bowl, combine the lime juice, oil, mustard and cilantro. Pour onto the slaw.
3. Season with salt and black pepper.
4. Serve and enjoy!
5. Refrigerate leftovers.

Makes 6 servings. Adapted from **yummly.com**.

Glazed Beets and Greens

Ingredients:

1 onion, sliced
5 beets and greens, chopped
3 tablespoons balsamic vinegar
3 tablespoons vegetable oil
Salt and black pepper to taste

Directions:

1. In a large pot over high heat, add onions, beets, vinegar and oil.
2. Cover vegetables with 1 cup of water and bring to a boil.
3. Reduce heat to low and simmer for 15 minutes or until soft.
4. Add the greens and cook for 5 more minutes. Season with salt and black pepper.
5. Serve and enjoy!
6. Refrigerate leftovers.

Makes 4 servings. Adapted from *The Modern Vegetarian Kitchen* by Peter Berley.

Quick Tips

- If beet juice stains your hands, scrub them with a teaspoon of salt and rinse.
- Add cooked sliced beets or raw shredded beets to salads.
- Do not throw out the beet greens! Rinse, chop and add to a soup or stir-fry.

Kids can:

- Scrub beet roots.
- Rinse and tear beet greens.

甜菜

- 請挑選結實、光滑、深暗色的甜菜。
- 將甜菜葉與根分開，保存在冰箱中，並且於 2 週內食用。
- 食用前，請先去除甜菜葉，留下 1 英吋的莖。將甜菜刷洗乾淨並保留外皮。甜菜可以烘烤、水煮來食用，亦或生吃。
- 甜菜含有纖維，有助於保持規律的排便。



薑味甜菜與胡蘿蔔沙拉

食材：

- 4 杯磨碎的甜菜
- 4 杯刨絲胡蘿蔔
- 1/2 杯切碎的洋蔥
- 1/2 杯切碎的波布拉諾辣椒
- 1 湯匙剁碎的薑
- 2 湯匙萊姆汁
- 1 湯匙蔬菜油
- 2 茶匙芥末
- 1/4 杯切碎的新鮮香菜
- 適量鹽和黑胡椒粉

做法：

1. 若要製作沙拉，請將刨絲的甜菜、胡蘿蔔、洋蔥、波布拉諾辣椒和薑放入大碗中。
2. 用小碗裝入萊姆汁、油、芥末和香菜。倒在沙拉菜上。
3. 撒上適量鹽和黑胡椒粉。
4. 裝盤即可享用！
5. 如未食完，冷藏保存。

可做 6 人份。改編自 yummly.com。

釉面甜菜與甜菜葉

食材：

- 1 顆洋蔥，切片
- 5 個甜菜和甜菜葉，切碎
- 3 湯匙香醋
- 3 湯匙蔬菜油
- 適量鹽和黑胡椒粉

做法：

1. 備大鍋，開大火，加入洋蔥、甜菜、香醋和油。
2. 在蔬菜中加入 1 杯水，然後煮至沸騰。
3. 轉至小火，然後燉煮 15 分鐘或煮至甜菜變軟為止。
4. 加入甜菜葉，再烹煮 5 分鐘左右。撒上適量鹽和黑胡椒粉。
5. 裝盤即可享用！
6. 如未食完，冷藏保存。

可做 4 人份。改編自 Peter Berley 所著的「*The Modern Vegetarian Kitchen*」。

小貼士

- 如果甜菜汁染到雙手，請用一茶匙鹽將雙手搓洗乾淨。
- 在沙拉中加入煮熟的甜菜片或生甜菜絲。
- 請勿丟棄甜菜葉！請清洗、切碎，然後加入湯中或是熱炒。

孩子們可以：

- 刷洗甜菜根。
- 清洗並摘掉甜菜葉。

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Beets

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- Separate beet greens from roots, keep in the refrigerator and use within 2 weeks.
- Before eating, remove beet greens, leaving 1 inch of stem.
- Scrub beets well and keep the skin on. Beets may be roasted, boiled or eaten raw.
- Beets have fiber, which helps to keep you regular.



Beets With Mustard Seeds

Ingredients:

1 tablespoon vegetable oil
1 teaspoon yellow mustard seeds
1 onion, diced
2 teaspoons cumin
2 teaspoons coriander
1 teaspoon garam masala
1 tablespoon shredded,
unsweetened coconut
3 cups chopped beets
1/2 teaspoon salt
1 1/2 cups water

Directions:

1. In a large pan, heat the oil over medium-high heat.
2. Add the mustard seeds and cook until they sizzle, about 30 seconds.
3. Add the onion and stir until soft, about 5 minutes.
4. Add the cumin, coriander, garam masala and the coconut. Cook for 1 minute.
5. Add the beets and cook for 3 minutes. Stir.
6. Add the salt and water. Bring to a boil, reduce the heat and cover.
7. Simmer for 15 minutes or until beets are soft.
8. Once the beets are soft, remove the lid and cook for 2 to 3 minutes until the remaining liquid thickens.
9. Turn the heat off and cover the pan. Let it sit for 5 minutes so the dish can absorb all the flavors.
10. Serve and enjoy!
11. Refrigerate leftovers.

Makes 4 servings. Adapted from *Indian For Everyone* by Anupy Singla.

Quick Tips

- If beet juice stains your hands, scrub them with a teaspoon of salt and rinse.
- Add cooked sliced beets or raw shredded beets to salads.
- Do not throw out the beet greens! Rinse, chop and add to a soup or stir-fry.

Kids can:

- Scrub beet roots.
- Rinse and tear beet greens.

甜菜

- 挑選緊實、光滑、顏色鮮豔的甜菜。
- 將甜菜的葉子和根部分開，菜葉放入冰箱冷藏，並在 2 周內食用。
- 食用前，摘掉甜菜葉，留下 1 英寸的莖。
- 搓洗甜菜，不要去皮。甜菜可以烤、煮或生吃。
- 甜菜富含纖維素，有助於保持腸道通暢。



芥末籽甜菜

配料：

- 1 湯匙植物油
- 1 茶匙黃芥末籽
- 1 個洋蔥，切丁
- 2 茶匙孜然
- 2 茶匙香菜
- 1 茶匙印度咖喱粉
- 1 湯匙椰蓉
- 3 杯切碎的甜菜
- 1/2 茶匙鹽
- 1 1/2 杯水

做法：

1. 大鍋中倒入油，中高火加熱。
2. 加入芥末籽，爆香約 30 秒直至發出嘶嘶聲。
3. 加入洋蔥，翻炒約 5 分鐘直到洋蔥變軟。
4. 加入孜然、香菜、印度咖喱粉和椰蓉。炒 1 分鐘。
5. 加入甜菜，炒 3 分鐘。翻炒均勻。
6. 加入鹽和水。煮沸後，轉小火，蓋上鍋蓋。
7. 燜煮 15 分鐘，或直到甜菜變軟。
8. 甜菜變軟後，打開鍋蓋，再煮 2 至 3 分鐘直到汁水濃稠。
9. 關火，蓋上鍋蓋。放置 5 分鐘，使菜入味。
10. 裝盤即可享用
11. 如未食完，冷藏保存。

可做 4 人份。改編自 Anupy Singla 的《Indian For Everyone》。

小貼士

- 若手上沾到甜菜汁，可用一茶匙鹽搓洗，然後沖洗即可。
- 可以用煮熟的甜菜片或生的甜菜絲製作沙拉。
- 請勿丟棄甜菜葉！清洗、切碎後可用於煮湯或炒菜！

孩子們可以：

- 搓洗甜菜根部。
- 洗淨和手撕甜菜葉。

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Just Say Yes to Fruits and Vegetables

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Black Beans

- Before cooking dried beans, remove pebbles and any shriveled beans. Soak for at least 8 hours.
- For a quicker prep time, cover dried beans in cold water and bring to a boil. Turn off heat and allow beans to soak for 1 to 2 hours. Drain, rinse and cover with fresh water. Simmer for 1 to 2 hours or until soft.
- Beans are an affordable source of protein and fiber.



Black Beans and Peppers

Ingredients:

1 tablespoon vegetable oil
1 onion, chopped
1 green bell pepper, chopped
4 garlic cloves, minced
1 teaspoon cumin
2 teaspoons dried oregano
1 teaspoon fresh ginger, peeled and minced
1 1/2 cups cooked or 1 can (15 1/2 ounces) of black beans, rinsed and drained
2 tablespoons apple cider vinegar
1 jalapeño, seeded and diced
Salt and black pepper to taste

Directions:

1. In a large pan, heat oil over medium heat.
2. Add onions and stir until soft, about 5 minutes
3. Add bell pepper and stir until soft, about 3 minutes.
4. Add the garlic, cumin, oregano and ginger, and cook for 1 minute longer.
5. Add black beans, vinegar, jalapeño and 1/2 cup of water. Bring to boil, reduce heat to low, cover and simmer for 5 minutes.
6. Season with salt and black pepper.
7. Serve and enjoy!
8. Refrigerate leftovers.

Makes 6 servings. Adapted from thespruceeats.com.

Black Bean Spread

Ingredients:

1 1/2 cups cooked or 1 can (15 1/2 ounces) of black beans, rinsed
1 onion, chopped
3/4 teaspoon paprika
1 tablespoon apple cider vinegar
1 tablespoon vegetable oil
1 garlic clove, minced
2 tablespoons chopped basil (optional)
Salt and black pepper to taste

Directions:

1. In a large bowl, combine all ingredients. Mash together and mix well.
2. Serve and enjoy!
3. Refrigerate leftovers.

Makes 10 servings. Adapted from vegweb.com.

Quick Tips

- 1 pound of dried beans (2 cups) equals 5 to 6 cups of cooked beans.
- Canned beans can replace cooked or dried beans in any recipe.
- Dried beans can be kept in an airtight container for up to 1 year.

Kids can:

- Help sort through dried beans before soaking.
- Help mash beans with a fork.

黑豆



- 在烹煮乾豆之前，先撿除礮石或任何乾扁的豆子。浸泡至少 8 小時。
- 為縮短料理時間，請用冷水淹過乾豆，然後煮至沸騰。關火，讓豆子浸泡 1 至 2 小時。將水瀝乾、清洗並以清水淹過豆子。燉煮 1 至 2 小時或是煮至變軟為止。
- 豆類是蛋白質和纖維的來源，價格又實惠。

雙椒黑豆

食材：

- 1 湯匙蔬菜油
- 1 顆洋蔥，切碎
- 1 個青椒，切碎
- 4 個蒜瓣，剁碎
- 1 茶匙孜然粉
- 2 茶匙乾牛至
- 1 茶匙去皮剁碎的新鮮薑
- 1 1/2 杯煮熟或 1 罐 (15.5 盎司) 黑豆，洗淨瀝乾
- 2 湯匙蘋果醋
- 1 個墨西哥辣椒，去籽並切丁
- 適量鹽和黑胡椒粉

做法：

1. 在大鍋中，以中火將油加熱。
2. 加入洋蔥翻炒至軟爛，約 5 分鐘。
3. 加入甜椒翻炒至軟爛，約 3 分鐘。
4. 加入大蒜、孜然粉、牛至和薑，再烹煮 1 分鐘。
5. 加入黑豆、醋、墨西哥辣椒和 1/2 杯水。煮至沸騰後轉至小火，然後蓋上鍋蓋燉煮 5 分鐘。
6. 撒上適量鹽和黑胡椒粉。
7. 裝盤即可享用！
8. 如未食完，冷藏保存。

可做 6 人份。改編自 thespruceeats.com。

黑豆醬

食材：

- 1 1/2 杯煮熟或 1 罐 (15.5 盎司) 黑豆，洗淨瀝乾
- 1 顆洋蔥，切碎
- 3/4 茶匙甜椒粉
- 1 湯匙蘋果醋
- 1 湯匙蔬菜油
- 1 個蒜瓣，剁碎
- 2 湯匙切碎的羅勒 (可以不加)
- 適量鹽和黑胡椒粉

做法：

1. 將所有食材放入一個大碗中。一起搗碎並充分攪拌。
2. 裝盤即可享用！
3. 如未食完，冷藏保存。

可做 10 人份。改編自 vegweb.com。

小貼士

- 1 磅乾豆 (2 杯) 等於 5 到 6 杯煮熟的豆子。
- 罐裝豆可以替代任何食譜裡的煮熟或乾的豆子。
- 乾豆可以在密封容器中存放長達 1 年。

孩子們可以：

- 在浸泡之前幫忙挑撿乾豆。
- 協助用叉子壓碎豆子。

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Blueberries

- Choose blueberries that are firm and not wrinkled.
- Refrigerate for up to 3 days or rinse, place in a plastic bag and freeze for up to 3 to 6 months.
- Before eating, rinse, remove the stems and enjoy!
- Blueberries have vitamin A, which is good for your eyes and skin.



Blueberry Thyme Fruit Salad

Ingredients:

1 cup blueberries
4 peaches or nectarines, chopped
1 tablespoon chopped, fresh thyme
2 teaspoons ginger, peeled and grated
2 tablespoons lemon juice or more,
to taste
2 tablespoons water
1 peach, grated
1 teaspoon grated lemon peel

Directions:

1. In a large bowl, combine all ingredients and mix well.
2. Chill in the refrigerator for at least 1 hour.
3. Serve and enjoy!
4. Refrigerate leftovers.

Makes 6 servings. Adapted from simplyrecipes.com.

Blueberry Grape Relish

Ingredients:

2 cups blueberries
2 cups seedless red grapes
1 tablespoon honey
1 tablespoon minced, fresh ginger
1 teaspoon chopped, fresh rosemary
2 tablespoons red wine vinegar
Salt and black pepper to taste

Directions:

1. In a large frying pan, over medium-high heat, combine blueberries, grapes, honey, ginger, rosemary and vinegar.
2. Bring to a boil, then reduce to low heat and simmer for 15 minutes.
3. Remove pan from heat and season with salt and black pepper.
4. Serve and enjoy!
5. Refrigerate leftovers.

Makes 10 servings. Adapted from marthastewart.com.

Quick Tips

- Sprinkle on hot or cold breakfast cereal, or low-fat yogurt.
- Blend blueberries with ice and your favorite fresh or frozen fruit to make a smoothie.

Kids can:

- Rinse blueberries before eating.
- Place in a bowl or bag for an easy snack at home or on the go.

藍莓



- 請挑選結實且沒有摺皺的藍莓。
- 最多可冷藏 3 天，也可清洗後裝入塑膠袋中冷凍存放長達 3 至 6 個月。
- 食用前，請先清洗乾淨並去莖，然後可享用！
- 藍莓含有維他命 A，對於眼睛和皮膚健康很有幫助。

藍莓百里香水果沙拉

食材：

- 1 杯藍莓
- 4 個桃子或油桃，切碎
- 1 湯匙切碎的新鮮百里香
- 2 茶匙去皮剝碎的新鮮薑
- 2 湯匙檸檬汁或依口味酌加
- 2 湯匙水
- 1 個桃子，刨絲
- 1 茶匙碎檸檬皮

做法：

1. 將所有食材放入一個大碗中，並攪拌均勻。
2. 置於冰箱冷卻至少 1 小時。
3. 裝盤即可享用！
4. 如未食完，冷藏保存。

可做 6 人份。改編自 simplyrecipes.com。

藍莓葡萄醬

食材：

- 2 杯藍莓
- 2 杯無籽紅葡萄
- 1 湯匙蜂蜜
- 1 湯匙去皮剝碎的新鮮薑
- 1 茶匙切碎的新鮮迷迭香
- 2 湯匙紅酒醋
- 適量鹽和黑胡椒粉

做法：

1. 用中到大火加熱大炒鍋，放入藍莓、葡萄、蜂蜜、薑、迷迭香和醋。
2. 煮到滾沸後轉至小火，然後燉煮 15 分鐘。
3. 關火，然後加上鹽和黑胡椒粉調味。
4. 裝盤即可享用！
5. 如未食完，冷藏保存。

可做 10 人份。改編自 marthastewart.com。

小貼士

- 淋在熱或冷的早餐麥片或是低脂優格上。
- 用果汁機將藍莓與冰塊以及喜愛的新鮮或冷凍水果打成冰沙。

孩子們可以：

- 食用前清洗藍莓。
- 將藍莓裝入碗裡或袋子裡，作為在家或外出時的簡單點心。

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Just Say Yes to Fruits and Vegetables

NYC
Health

Braising Greens

- Braising greens are a mix of dark greens such as collards, kale, Swiss chard, mustard greens, turnip greens and beet greens.
- Look for greens that are moist and crisp, with rich, green leaves.
- Wrap unwashed greens in a damp paper towel, place in a plastic bag and keep in the refrigerator for up to 3 to 5 days.
- Before cooking, rinse well and trim leaves from stem.
- Dark greens have iron, which is good for circulation.



Collard Greens With Spicy Peanut Sauce

Ingredients:

1 tablespoon vegetable oil
1 cup chopped onion
2 garlic cloves, minced
1/4 teaspoon crushed red pepper flakes
6 cups chopped collard greens
1 cup chopped tomatoes
2 tablespoons peanut butter
Salt and black pepper to taste

Directions:

1. In a large pot, heat oil over medium heat.
2. Add onion, garlic and red pepper flakes and cook until soft, about 5 minutes. Stir often.
3. Add greens and 1/4 cup water. Cover and cook until greens are soft, about 15 minutes.
4. Add tomato and peanut butter. Add black pepper to taste.
5. Stir well. Serve and enjoy!
6. Refrigerate leftovers.

Makes 6 servings. Adapted from *The NYC Green Cart Fresh Food Pack*.

Braised Collard Greens

Ingredients:

1 tablespoon vegetable oil
2 teaspoons minced garlic
1 yellow onion, chopped
3 medium tomatoes, diced
1/2 teaspoon curry powder
1/2 teaspoon coriander
9 cups chopped collard greens or other leafy greens, stems removed
1 tablespoon smoked paprika (optional)
1/4 teaspoon cayenne pepper
1/2 lemon, juiced
Salt and black pepper to taste

Directions:

1. In a large frying pan, heat oil over medium heat.
2. Add onions and garlic and cook until soft, about 3 to 5 minutes. Stir often.
3. Add tomatoes, curry, coriander and paprika. Continue stirring for about 2 minutes.
4. Add 1/4 cup of water, cover and let simmer for 5 minutes.
5. Add collard greens, cayenne pepper and lemon juice. Cover and continue cooking for another 5 to 10 minutes until greens have cooked.
6. Season with salt and black pepper to taste.
7. Serve and enjoy!
8. Refrigerate leftovers.

Makes 4 servings. Adapted from **africanbites.com**.

Quick Tips

- Braising greens can be added to soups a few minutes before serving.
- 1 pound of greens is equal to about 8 cups, chopped.

Kids can:

- Rinse greens with cold water.
- Tear greens to add to a recipe.

燉綠葉蔬菜

- 燉綠葉蔬菜可採用羽衣甘藍、寬葉甘藍、瑞士甜菜、芥菜、蕪菁和甜菜葉等深綠色蔬菜。
- 請挑選微濕、鮮嫩且有鮮綠色菜葉的蔬菜。
- 請用濕紙巾包裹未洗過的綠葉蔬菜並裝入塑膠袋中，然後存放於冰箱中最多 3 至 5 天。
- 在烹煮前，請將蔬菜清洗乾淨，然後將莖上的葉片剪下。
- 深綠色蔬菜富含鐵質，有益血液循環。



寬葉甘藍拌花生辣醬

食材：

- 1 湯匙蔬菜油
- 1 杯切碎的洋蔥
- 2 個蒜瓣，剁碎
- 1/4 茶匙紅椒碎片
- 6 杯切碎的寬葉甘藍
- 1 杯切碎的蕃茄
- 2 湯匙花生醬
- 適量鹽和黑胡椒粉

做法：

1. 備大鍋，開中火，將鍋中油加熱。
2. 加入洋蔥、大蒜與乾紅辣椒碎煮至軟爛，約 5 分鐘。期間不時攪拌。
3. 加入綠葉蔬菜和 1/4 杯水。蓋上鍋蓋烹煮至綠葉蔬菜變軟，約 15 分鐘。
4. 加入蕃茄與花生醬。加入黑胡椒粉調味。
5. 攪拌均勻。裝盤即可享用！
6. 如未食完，冷藏保存。

可做 6 人份。改編自「The NYC Green Cart Fresh Food Pack」。

燉煮寬葉甘藍

食材：

- 1 湯匙蔬菜油
- 2 茶匙剁碎的大蒜
- 1 個黃洋蔥，切碎
- 3 顆中型蕃茄，切丁
- 1/2 茶匙咖哩粉
- 1/2 茶匙胡荽
- 9 杯切碎的寬葉甘藍或其他綠葉蔬菜，去莖
- 1 湯匙煙燻甜椒粉 (可以不加)
- 1/4 茶匙辣椒粉
- 1/2 顆檸檬，榨汁
- 適量鹽和黑胡椒粉

做法：

1. 在大炒鍋中，以中火將油加熱。
2. 加入洋蔥與大蒜煮至軟爛，約 3 至 5 分鐘。期間不時攪拌。
3. 加入蕃茄、咖哩、胡荽和甜椒粉。繼續攪拌約 2 分鐘。
4. 加入 1/4 杯水，蓋上鍋蓋，然後燉煮 5 分鐘。
5. 加入寬葉甘藍、辣椒粉和檸檬汁。蓋上鍋蓋並再繼續烹煮 5 至 10 分鐘，直到綠葉蔬菜煮熟為止。
6. 撒上適量鹽和黑胡椒粉。
7. 裝盤即可享用！
8. 將剩餘的部分冷藏。

可做 4 人份。改編自 africanbites.com。

小貼士

- 可以將燉好的綠葉蔬菜加入湯中，等幾分鐘之後即可食用。
- 1 磅的綠葉蔬菜大約是 8 杯切碎的蔬菜。

孩子們可以：

- 用冷水清洗綠葉蔬菜。
- 手撕綠葉加入菜餚中。

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Just Say Yes to Fruits and Vegetables



Broccoli

- Choose broccoli with dark green florets.
- Refrigerate unwashed and in a plastic bag for up to 1 week.
- Before cooking, wash and trim florets from stalks. Enjoy florets and stems raw or cooked.
- Broccoli has vitamin C, which is good for fighting colds and healing cuts.



Broccoli Stir-Fry

Ingredients:

2 teaspoons vegetable oil
2 garlic cloves, minced
3 cups broccoli florets
2 carrots, chopped
1 yellow bell pepper, cut into strips
1 onion, chopped
2 tablespoons lemon juice
1/2 teaspoon salt (optional)

Directions:

1. In a large frying pan, add oil and garlic. Cook over high heat for 2 minutes.
2. Add broccoli, carrots and 1/2 cup of water. Cook for 3 minutes, stirring often.
3. Add bell pepper and onion. Cook for 5 more minutes and continue to stir often.
4. Remove from heat. Vegetables will be crisp and brightly colored.
5. Toss with lemon juice and salt.
6. Serve and enjoy!
7. Refrigerate leftovers.

Makes 5 servings.

Broccoli Chopped Salad

Ingredients:

4 cups broccoli, chopped small
3/4 cup dried cranberries or raisins, chopped
2 to 3 scallions or green onions, sliced
2 carrots, shredded
1 cucumber, chopped
3 tablespoons apple cider vinegar
1/4 cup olive oil
Salt and black pepper to taste

Directions:

1. In a large pot, boil 4 cups of water over high heat.
2. Add broccoli and cook for 3 minutes.
3. Rinse broccoli under cold water until cool.
4. Place cooled broccoli, dried fruit and all remaining vegetables in a bowl.
5. To make dressing, whisk together vinegar and oil until combined in a separate bowl.
6. Pour dressing over mixed vegetables and dried fruit. Season with salt and black pepper to taste.
7. Serve and enjoy!
8. Refrigerate leftovers.

Makes 4 servings. Submitted by Aranza Portugal, Stellar Farmers Markets.

Quick Tips

- Eat raw broccoli with a low-fat salad dressing for a healthy, crunchy snack!
- Do not throw away the broccoli stems. They can be sliced and eaten with your favorite dip or sauce!
- Steam broccoli with garlic for a delicious side dish.

Kids can:

- Wash broccoli.
- Break off broccoli florets from the stalk.

綠花椰菜

- 請挑選有深綠色椰菜花的綠花椰菜。
- 將未洗過的綠花椰菜裝入塑膠袋中可冷藏保存最多 1 週。
- 烹煮綠花椰菜前，請清洗乾淨，然後將菜梗上的椰菜花切下。享用生的或煮熟的椰菜花與莖。
- 綠花椰菜含有維他命 C，對於預防感冒和傷口癒合很有幫助。



炒綠花椰菜

食材：

- 2 茶匙蔬菜油
- 2 個蒜瓣，剁碎
- 3 杯綠花椰菜
- 2 個胡蘿蔔，切碎
- 1 個黃椒，切成長條
- 1 顆洋蔥，切碎
- 2 湯匙檸檬汁
- 1/2 茶匙鹽 (可以不加)

做法：

1. 在大炒鍋中加入油和大蒜。以大火炒 2 分鐘。
2. 加入綠花椰菜、胡蘿蔔和 1/2 杯水。烹煮 3 分鐘，並不時攪拌。
3. 加入甜椒和洋蔥。再烹煮 5 分鐘，然後不時繼續攪拌。
4. 關火。這時的蔬菜口感爽脆且顏色鮮亮。
5. 拌上檸檬汁和鹽。
6. 裝盤即可享用！
7. 如未食完，冷藏保存。

可做 5 人份。

綠花椰菜碎沙拉

食材：

- 4 杯綠花椰菜，切成小塊
- 3/4 杯蔓越莓乾或葡萄乾，切碎
- 2 至 3 根青蔥或綠洋蔥，切片
- 2 個胡蘿蔔，切絲
- 1 根黃瓜，切碎
- 3 湯匙蘋果醋
- 1/4 杯橄欖油
- 適量鹽和黑胡椒粉

做法：

1. 備一個大鍋，用大火將 4 杯水煮沸。
2. 加入綠花椰菜，烹煮 3 分鐘。
3. 用冷水沖洗綠花椰菜直到冷卻為止。
4. 將放冷的綠花椰菜、水果乾和所有其餘蔬菜放入碗中。
5. 要製作調味料，可將醋與油放在另一個碗裡攪拌至混合均勻。
6. 將調味汁倒入混合的蔬菜與水果乾上。撒上適量鹽和黑胡椒粉。
7. 裝盤即可享用！
8. 如未食完，冷藏保存。

可做 4 人份。Aranza Portugal 提供 (Stellar Farmers Markets)。

小貼士

- 生綠花椰菜加上低脂沙拉醬，可製作出一道健康而鮮脆的點心！
- 請勿丟棄綠花椰菜的莖。可將其切片，然後蘸上喜愛的調味汁或調味醬食用！
- 將綠花椰菜加大蒜一起蒸煮，可製作出一道美味的配菜。

孩子們可以：

- 清洗綠花椰菜。
- 將椰菜花從菜梗上折下來。

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Just Say Yes to Fruits and Vegetables

NYC
Health

Brussels Sprouts

- Choose Brussels sprouts that are firm and bright green, with no yellow or wilted leaves and few holes.
- Store unwashed Brussels sprouts in a plastic bag in the refrigerator for up to 10 days.
- Before eating, remove stem and discolored leaves, and rinse well.
- Brussels sprouts have calcium, which helps build strong bones.



Brussels Sprouts With Peanut Dressing

Ingredients:

5 cups thinly sliced Brussels sprouts
1 tablespoon peanut butter
1 tablespoon vegetable oil
1 tablespoon honey
1 tablespoon vinegar
1 tablespoon low-sodium soy sauce
Black pepper to taste

Directions:

1. In a large bowl, add the Brussels sprouts.
2. To make dressing, mix peanut butter, oil, honey, vinegar and soy sauce in a small bowl.
3. Pour dressing over Brussels sprouts.
4. Add black pepper to taste.
5. Serve and enjoy!
6. Refrigerate leftovers.

Makes 5 servings. Submitted by Beth Bainbridge, Stellar Farmers Markets.

Brussels Sprouts With Apples and Onions

Ingredients:

1 tablespoon vegetable oil
1 cup diced onion
4 cups sliced Brussels sprouts
2 cups diced apple
2 tablespoons lemon juice
1/2 teaspoon black pepper
Salt to taste

Directions:

1. In a large pan, heat oil over medium heat.
2. Add onion. Cook for 5 minutes, until soft.
3. Add Brussels sprouts and cook for 5 minutes.
4. Add the apple and cook 5 to 10 minutes, or until apples are soft.
5. Remove from heat and add lemon juice, black pepper and salt. Mix well.
6. Serve and enjoy!
7. Refrigerate leftovers.

Makes 8 servings. Adapted from [nytimes.com](https://www.nytimes.com).

Quick Tips

- Shred raw Brussels sprouts and add them to a salad. They are also tasty steamed, roasted or sautéed.
- To roast Brussels sprouts, toss with oil, salt and black pepper. Place on a baking sheet and roast at 400 degrees Fahrenheit for 30 to 40 minutes.
- Cut Brussels sprouts into quarters and add them to casseroles, stews and soups.

Flavor Flip: Peanut Dressing

- Add 2 cloves of minced garlic and 1 teaspoon fresh ginger to the dressing.

抱子甘藍

- 請挑選結實且顏色鮮綠的抱子甘藍，上面不要有發黃或枯萎的葉子，也不要破洞。
- 請將未洗過的抱子甘藍裝入塑膠袋中，然後冷藏存放最多 10 天。
- 食用前，請剝除菜梗與變色的葉子，並清洗乾淨。
- 抱子甘藍含有豐富的鈣質，有益骨頭強壯。



抱子甘藍佐花生調味醬

食材：

- 5 杯抱子甘藍薄片
- 1 湯匙花生醬
- 1 湯匙蔬菜油
- 1 湯匙蜂蜜
- 1 湯匙醋
- 1 湯匙低鈉醬油
- 加黑胡椒粉調味

做法：

1. 在一個大碗中加入抱子甘藍。
2. 要製作調味料，可在一個小碗中將花生醬、油、蜂蜜、醋和醬油混合。
3. 在抱子甘藍上倒上調味料。
4. 加入黑胡椒粉調味。
5. 裝盤即可享用！
6. 如未食完，冷藏保存。

可做 5 人份。Beth Bainbridge 提供
(Stellar Farmers Markets)。

抱子甘藍加蘋果與洋蔥

食材：

- 1 湯匙蔬菜油
- 1 杯洋蔥丁
- 4 杯抱子甘藍切片
- 2 杯蘋果丁
- 2 湯匙檸檬汁
- 1/2 茶匙黑胡椒粉
- 調味鹽

做法：

1. 在大鍋中，以中火將油加熱。
2. 加入洋蔥。烹煮 5 分鐘，直到變軟。
3. 加入抱子甘藍，然後煮 5 分鐘。
4. 加入蘋果，然後煮 5 至 10 分鐘或是煮至蘋果變軟為止。
5. 關火，然後加入檸檬汁、黑胡椒粉和鹽。攪拌均勻。
6. 裝盤即可享用！
7. 如未食完，冷藏保存。

可做 8 人份。改編自 nytimes.com。

小貼士

- 可將生抱子甘藍切絲並加到沙拉中。蒸、烤或炒也很美味。
- 若要以烘烤的方式料理抱子甘藍，請拌入油、鹽和黑胡椒粉。放置在平底烤盤上，然後以華氏 400 度的溫度烤 30 至 40 分鐘。
- 將抱子甘藍切成四等份，然後加入砂鍋菜、燉菜和湯品中。

巧做美味：花生調味醬

- 將 2 個剝碎的蒜瓣和 1 茶匙去皮剝碎的新鮮薑加到調味醬中。

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Just Say Yes to Fruits and Vegetables

NYC
Health

Butternut Squash

- Choose butternut squash that is heavy for its size and has smooth, firm skin.
- Store in a cool, dry place for up to 3 months.
- Before cooking, wash, cut in half and remove seeds. Leave skin on and bake for 30 minutes at 350 degrees Fahrenheit.
- Butternut squash has potassium, which is good for your heart.



Butternut Squash and Apple Cider

Ingredients:

1 tablespoon vegetable oil
1 cup chopped onion
4 cups seeded and cubed butternut squash
3/4 cup apple cider
1 tablespoon chopped fresh herbs (sage, rosemary or thyme) or 2 teaspoons dried herbs
Salt and black pepper to taste

Directions:

1. In a large pot, heat oil over high heat. Stir in onion and cook until soft.
2. Add squash and apple cider. Cook for about 15 minutes.
3. Stir in herbs, salt and black pepper to taste. Cook for about 2 minutes.
4. Serve and enjoy!
5. Refrigerate leftovers.

Makes 6 servings.

Butternut Squash With Collard Greens

Ingredients:

1 tablespoon vegetable oil
1 onion, chopped
1 red bell pepper, chopped
3 cups seeded and cubed butternut squash
3 cups chopped collard greens
1/4 teaspoon salt
Black pepper to taste

Directions:

1. In a large pot, heat oil over medium-high heat. Stir in onion and bell pepper and cook until soft.
2. Add squash and cook covered for 5 minutes.
3. Add collard greens, salt, black pepper and 1/2 cup of water. Add more water as needed to prevent sticking. Cook until vegetables are soft, about 8 to 10 minutes.
4. Serve and enjoy!
5. Refrigerate leftovers.

Makes 4 servings.

Quick Tips

- Try all types of winter squash: butternut, acorn, Hubbard and kabocha squash. Each has a different flavor and texture.
- Any winter squash can be swapped for another in recipes.
- Add leftover cooked squash to yogurt or oatmeal.
- Add squash to a soup or casserole.
- Bake seeds for a yummy snack!

Kids can:

- Remove seeds from squash.
- Stuff squash halves with a vegetable mixture.

奶油瓜

- 請挑選較重且表皮光滑緊實的奶油瓜。
- 可將奶油瓜存放在陰涼乾燥處最多 3 個月。
- 烹煮前，請先清洗、切半並去籽。保留瓜皮，並以華氏 350 度烘烤 30 分鐘。
- 奶油瓜含有鉀，對心臟有益。



蘋果西打煮奶油瓜

食材：

- 1 湯匙蔬菜油
- 1 杯切碎的洋蔥
- 4 杯去籽切塊的奶油瓜
- 3/4 杯蘋果西打
- 1 湯匙切碎的新鮮香草 (鼠尾草、迷迭香或百里香) 或 2 茶匙乾香草
- 適量鹽和黑胡椒粉

做法：

1. 備大鍋，開大火，將鍋中油加熱。加入洋蔥攪拌並煮至變軟為止。
2. 加入奶油瓜和蘋果西打。烹煮約 15 分鐘。
3. 加入香草、鹽和黑胡椒粉攪拌調味。烹煮約 2 分鐘。
4. 裝盤即可享用！
5. 如未食完，冷藏保存。

可做 6 人份。

奶油瓜拌寬葉甘藍

食材：

- 1 湯匙蔬菜油
- 1 顆洋蔥，切碎
- 1 顆紅椒，切碎
- 3 杯去籽切塊的奶油瓜
- 3 杯切碎的寬葉甘藍
- 1/4 茶匙鹽
- 調味黑胡椒粉

做法：

1. 備大鍋，開中大火，將鍋中油加熱。加入洋蔥、甜椒攪拌並煮至變軟為止。
2. 加入奶油瓜，蓋上鍋蓋烹煮 5 分鐘。
3. 加入寬葉甘藍、鹽、黑胡椒粉與 1/2 杯水。可視需要多加水，避免黏鍋。烹煮直到蔬菜變軟為止，約需 8 到 10 分鐘。
4. 裝盤即可享用！
5. 如未食完，冷藏保存。

可做 4 人份。

小貼士

- 不妨試試各種不同的冬南瓜：奶油瓜、橡果南瓜、古巴瓜和栗子南瓜。每種瓜都有不同的風味和質地。
- 可在食譜中換用各類奶油瓜。
- 將剩下的煮熟南瓜加入優格或燕麥。
- 在湯品或是砂鍋菜中加入南瓜。
- 將南瓜籽烘烤成美味點心！

孩子們可以：

- 取出南瓜籽。
- 在切成兩半的南瓜中塞入蔬菜什錦。

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Just Say Yes to Fruits and Vegetables



Cabbage

- Choose cabbage that is firm with no brown spots.
- Refrigerate unwashed cabbage for up to 2 weeks.
- Before eating, remove the outer leaves and rinse well.
- Cabbage has vitamin C, which is good for fighting colds and healing cuts.



Cabbage and Dill Salad

Ingredients:

2 cups shredded cabbage
1 cup grated carrots
1 tablespoon vegetable oil
2 tablespoons apple cider vinegar
1 tablespoon minced dill (optional)
Salt and black pepper to taste

Directions:

1. In a large bowl, add cabbage and carrots. Mix well.
2. To make dressing, add oil, vinegar, dill, salt and black pepper to a small bowl. Mix well.
3. Pour oil and vinegar dressing over cabbage mixture and toss.
4. Serve immediately or refrigerate for about 30 minutes before serving. Enjoy!
5. Refrigerate leftovers.

Makes 6 servings. Adapted from recipes.sparkpeople.com.

Stewed Cabbage

Ingredients:

2 teaspoons vegetable oil
1 onion, chopped
2 garlic cloves, minced
2 celery stalks, chopped
3 cups chopped cabbage
2 cups chopped tomatoes or 1 can (14 1/2 ounces) stewed tomatoes
Salt and black pepper to taste

Directions:

1. In a large frying pan, heat oil over medium heat.
2. Add onion, garlic and celery.
3. Cook for 5 minutes or until soft.
4. Add cabbage and tomatoes and cook uncovered for 3 minutes. Cover pan and cook on low for about 20 minutes, until cabbage is soft. Stir often.
5. Season with salt and black pepper.
6. Serve hot or cold and enjoy!
7. Refrigerate leftovers.

Makes 4 servings.

Quick Tips

- Cabbage makes a delicious raw salad. Simply chop or shred and toss with your favorite dressing.
- Cabbage leaves can be filled with cooked rice and beans.
- Add shredded cabbage to a soup, stir-fry or stew for more bulk, nutrients and flavor.

Kids can:

- Remove the outer leaves from the heads of cabbage.
- Stuff leaves with filling.

高麗菜

- 請挑選結實且沒有棕色斑點的高麗菜。
- 未洗過的高麗菜可冷藏保存最多 2 週。
- 食用前，請將外面的葉子摘掉並充分清洗。
- 高麗菜含有維他命 C，對於預防感冒和傷口癒合很有幫助。



高麗菜蒔蘿沙拉

食材：

- 2 杯高麗菜絲
- 1 杯刨絲胡蘿蔔
- 1 湯匙蔬菜油
- 2 湯匙蘋果醋
- 1 湯匙剁碎的蒔蘿 (可以不加)
- 適量鹽和黑胡椒粉

做法：

1. 在一個大碗中加入高麗菜和胡蘿蔔。攪拌均勻。
2. 要製作調味料，可在小碗中加入油、醋、蒔蘿、鹽和黑胡椒粉。攪拌均勻。
3. 在結球甘藍混料中倒入油和醋調味料，然後攪拌。
4. 可立即享用或是冷藏約 30 分鐘後享用。享受美味！
5. 如未食完，冷藏保存。

可做 6 人份。改編自 recipes.sparkpeople.com。

燉高麗菜

食材：

- 2 茶匙蔬菜油
- 1 顆洋蔥，切碎
- 2 個蒜瓣，剁碎
- 2 根芹菜莖，切碎
- 3 杯切碎的高麗菜
- 2 杯切碎的蕃茄或 1 罐 (14.5 盎司) 燉蕃茄
- 適量鹽和黑胡椒粉

做法：

1. 在大炒鍋中，以中火將油加熱。
2. 加入洋蔥、大蒜和芹菜。
3. 煎 5 分鐘或等到變軟為止。
4. 加入高麗菜和蕃茄，然後不加鍋蓋煮 3 分鐘。蓋上鍋蓋並以小火煮約 20 分鐘，直到高麗菜變軟為止。期間不時攪拌。
5. 撒上適量鹽和黑胡椒粉。
6. 趁熱或放冷後享用！
7. 如未食完，冷藏保存。

可做 4 人份。

小貼士

- 高麗菜可用來製作美味的生食沙拉。只需將它切碎或切絲，再加入您喜愛的調味料，攪拌均勻即可。
- 高麗菜的葉子可以用來做高麗菜包飯和高麗菜包豆。
- 在湯、炒菜或燉菜中加入高麗菜絲，可以增加菜量、豐富營養並增添口感。

孩子們可以：

- 摘掉高麗菜頭部外層菜葉。
- 用菜葉包卷餡料。

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NYC
Health

Cabbage

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Haitian Pikiliz

Ingredients:

1 1/2 cups shredded cabbage
1 cup sliced onion
1/2 cup shredded carrots
1/2 cup bell pepper, thinly sliced
1/8 teaspoon ground cloves
1/2 teaspoon salt
1/4 Scotch bonnet pepper, cut lengthwise, stem removed, seeds left intact
2 tablespoons lemon juice
1 cup white vinegar

Directions:

1. In a large bowl, combine cabbage, onion, carrots, sliced bell pepper, ground cloves and salt.
2. In a small bowl, mix lemon juice and vinegar. Pour mixture over cabbage mixture.
3. Add the halved Scotch bonnet pepper to the mixture and allow the ingredients to marinate for at least 15 minutes.*
4. Once ready, remove the Scotch bonnet pepper. Serve and enjoy!
5. Refrigerate leftovers.

Serves 15 to 20 people as a condiment for savory dishes.
Adapted from **savorythoughts.com**.

*Typically, Pikiliz is marinated at least 24 to 48 hours before serving, but it can be served right after making.

Quick Tips

- Cabbage makes a delicious raw salad. Simply chop or shred and toss with your favorite dressing.
- Cabbage leaves can be filled with cooked rice and beans.
- Add shredded cabbage to a soup, stir-fry or stew for more bulk, nutrients and flavor.

Kids can:

- Remove the outer leaves from the heads of cabbage.
- Stuff leaves with filling.

高麗菜

- 挑選結實、無褐色斑點的高麗菜。
- 未清洗的高麗菜可以放到冰箱裡保存長達 2 週。
- 食用前，摘掉外層菜葉，用水洗淨即可。
- 高麗菜富含維生素 C，有助於預防感冒和癒合傷口。



海地 Pikiliz

配料：

- 1 1/2 杯高麗菜絲
- 1 杯洋蔥片
- 1/2 杯胡蘿蔔絲
- 1/2 杯甜椒，切成薄片
- 1/8 茶匙丁香粉
- 1/2 茶匙鹽
- 1/4 顆蘇格蘭帽椒，切半，
去蒂，留籽
- 2 湯匙檸檬汁
- 1 杯白醋

做法：

1. 準備一個大碗，放入高麗菜、洋蔥、胡蘿蔔、甜椒、丁香粉和鹽，攪拌均勻。
2. 準備一個小碗，倒入檸檬汁和白醋，混合均勻。將調好的調味汁倒在拌好的高麗菜上。
3. 加入對半切好的蘇格蘭帽椒，醃製至少 15 分鐘*。
4. 醃好之後，將蘇格蘭帽椒挑出來。上菜，裝盤即可享用！
5. 如未食完，冷藏保存。

這道菜可作為風味菜餚的開胃配菜，適合 15 至 20 人食用。

改編自 **savorythoughts.com**。

*通常，Pikiliz 在食用前至少要醃製 24 至 48 小時，也可以做好後立即食用。

小貼士

- 高麗菜可用來製作美味的生食沙拉。只需將它切碎或切絲，再加入您喜愛的調味料，攪拌均勻即可。
- 高麗菜的葉子可以用來做高麗菜包飯和高麗菜包豆。
- 在湯、炒菜或燉菜中加入高麗菜絲，可以增加菜量、豐富營養並增添口感。

孩子們可以：

- 摘掉高麗菜頭部外層菜葉。
- 用菜葉包卷餡料。

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Taiwanese Cabbage With Chili and Garlic

Ingredients:

- 4 cups chopped green cabbage
- 1 teaspoon salt
- 1 tablespoon vegetable oil
- 1 jalapeño, deseeded and cut into thin slices
- 1 garlic clove, minced
- 2 teaspoons low-sodium soy sauce

Directions:

1. Place the cabbage in a large bowl, sprinkle with salt and mix well. Let sit for at least 5 minutes, allowing the salt to draw out water from the cabbage.
2. After 5 minutes, drain the water from the bowl. Rinse off any excess salt and set aside in a colander to dry or use a clean towel to pat the cabbage dry.
3. Heat a large pan over medium-high heat and add oil. Once the oil is hot, add the jalapeño and garlic. Stir quickly for about 5 seconds to keep them from burning.
4. Add the cabbage and cook for 3 to 5 minutes with minimal stirring. Allow the edges of the cabbage to brown.
5. Increase the heat to high. Stir the cabbage and cook for 2 more minutes.
6. Turn off heat, add the soy sauce and stir.
7. Serve hot and enjoy!
8. Refrigerate leftovers.

Makes 4 servings. Adapted from *Vegetarian Chinese Soul Food* by Hsiao-Ching Cho.

Quick Tips

- Cabbage makes a delicious raw salad. Simply chop or shred and toss with your favorite dressing.
- Cabbage leaves can be filled with cooked rice and beans.
- Add shredded cabbage to a soup, stir-fry or stew for more bulk, nutrients and flavor.

Kids can:

- Remove the outer leaves from the heads of cabbage.
- Stuff leaves with filling.

高麗菜

- 挑選結實、無褐色斑點的高麗菜。
- 未清洗的高麗菜可以放到冰箱裡保存長達 2 週。
- 食用前，摘掉外層菜葉，用水洗淨即可。
- 高麗菜富含維生素 C，有助於預防感冒和癒合傷口。



臺式蒜蓉辣椒高麗菜

配料：

- 4 杯切碎的高麗菜
- 1 茶匙鹽
- 1 湯匙植物油
- 1 個墨西哥辣椒，去籽，切成薄片
- 1 瓣大蒜，切碎
- 2 茶匙低鈉醬油

做法：

1. 將高麗菜放入大碗中，撒上鹽，拌勻。放置至少 5 分鐘，鹽分將使高麗菜出水。
2. 5 分鐘後，倒掉碗中的水。沖洗多餘鹽分，然後瀝乾高麗菜上的水份，或用乾淨毛巾擦乾高麗菜。
3. 以中高火熱鍋，倒入油。待油熱後，加入墨西哥辣椒和蒜末。快速翻炒約 5 秒，以防炒糊。
4. 加入高麗菜，輕輕翻炒 3 至 5 分鐘。炒至高麗菜邊緣變成焦黃色。
5. 轉大火。翻炒高麗菜，繼續煮 2 分鐘。
6. 關火，加入醬油，翻炒均勻。
7. 裝盤趁熱享用！
8. 如未食完，冷藏保存。

可做 4 人份。改編自 Hsiao-Ching Cho 的《Vegetarian Chinese Soul Food》。

小貼士

- 高麗菜可用來製作美味的生食沙拉。只需將它切碎或切絲，再加入您喜愛的調味料，攪拌均勻即可。
- 高麗菜的葉子可以用來做高麗菜包飯和高麗菜包豆。
- 在湯、炒菜或燉菜中加入高麗菜絲，可以增加菜量、豐富營養並增添口感。

孩子們可以：

- 摘掉高麗菜頭部外層菜葉。
- 用菜葉包卷餡料。

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Repollo Guisado (Dominican Cabbage Stew)

Ingredients:

1 tablespoon vegetable oil
1 onion, diced
1 clove garlic, minced
1 medium bell pepper, cut into strips
1 medium tomato, diced
1 tablespoon tomato paste
1 cup water
3 cups shredded cabbage
1 tablespoon chopped green olives
1 teaspoon vinegar
1/4 teaspoon cayenne pepper
1/2 cup chopped cilantro
Salt and black pepper to taste

Directions:

1. Heat the oil in a large pan over medium heat.
2. Add the onions and garlic and cook until soft, about 2 minutes.
3. Reduce the heat to low. Add the bell pepper and tomatoes and cook for 3 minutes.
4. In a small bowl, mix the tomato paste with 1 cup of water. Add to the pan and cook for 2 to 3 minutes.
5. Stir in the cabbage, olives, vinegar and cayenne pepper. Cover the pan and simmer over low heat until the cabbage is soft, about 15 minutes.
6. Stir in the cilantro and season with salt and black pepper to taste.
7. Serve and enjoy!
8. Refrigerate leftovers.

Makes 4 servings. Adapted from **dominicancooking.com**.

Quick Tips

- Cabbage makes a delicious raw salad. Simply chop or shred and toss with your favorite dressing.
- Cabbage leaves can be filled with cooked rice and beans.
- Add shredded cabbage to a soup, stir-fry or stew for more bulk, nutrients and flavor.

Kids can:

- Remove the outer leaves from the heads of cabbage.
- Stuff leaves with filling.

高麗菜

- 挑選結實、無褐色斑點的高麗菜。
- 未清洗的高麗菜可以放到冰箱裡保存長達 2 週。
- 食用前，摘掉外層菜葉，用水洗淨即可。
- 高麗菜富含維生素 C，有助於預防感冒和癒合傷口。



Repollo Guisado (多明尼加燉高麗菜)

配料：

- 1 湯匙植物油
- 1 個洋蔥，切丁
- 1 瓣大蒜，切碎
- 1 個中等大小的甜椒，切條
- 1 個中等大小的番茄，切丁
- 1 湯匙番茄醬
- 1 杯水
- 3 杯高麗菜絲
- 1 湯匙綠橄欖菜末
- 1 茶匙醋
- 1/4 茶匙辣椒
- 1/2 杯香菜末
- 適量的鹽和黑胡椒粉

做法：

1. 大鍋中倒入油，中火加熱。
2. 加入洋蔥和大蒜，翻炒約 2 分鐘直至變軟。
3. 轉小火。加入甜椒和番茄，炒 3 分鐘。
4. 準備一個小碗，倒入番茄醬和 1 杯水，攪拌均勻。倒入鍋中，煮 2 至 3 分鐘。
5. 翻炒高麗菜、橄欖、醋和辣椒。蓋上鍋蓋，用小火燜煮大約 15 分鐘，煮到高麗菜變軟。
6. 放入香菜，翻炒，撒上適量鹽和黑胡椒粉。
7. 裝盤即可享用！
8. 如未食完，冷藏保存。

可做 4 人份。改編自
dominicancooking.com。

小貼士

- 高麗菜可用來製作美味的生食沙拉。只需將它切碎或切絲，再加入您喜愛的調味料，攪拌均勻即可。
- 高麗菜的葉子可以用來做高麗菜包飯和高麗菜包豆。
- 在湯、炒菜或燉菜中加入高麗菜絲，可以增加菜量、豐富營養並增添口感。

孩子們可以：

- 摘掉高麗菜頭部外層菜葉。
- 用菜葉包卷餡料。

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Just Say Yes to Fruits and Vegetables

NYC
Health

Carrots

- Choose carrots that are firm, smooth and without cracks.
- Refrigerate unwashed raw carrots for up to 2 weeks.
Refrigerate cooked carrots for up to 3 days.
- Before eating, scrub and rinse well. There is no need to peel the skin, which is full of nutrients.
- Carrots have vitamin A, which is good for your eyes and skin.



Carrot Raisin Salad

Ingredients:

2 cups shredded carrots
1/4 cup raisins
1 apple, diced
1 tablespoon vegetable oil
2 tablespoons lemon juice
1 garlic clove, minced
1/4 teaspoon cinnamon
Salt and black pepper to taste

Directions:

1. In a large bowl, add the carrots, raisins and apple.
2. To make dressing, combine all other ingredients in a small bowl and mix well.
3. Pour the dressing over carrots and raisins. Stir well.
4. Chill, serve and enjoy!
5. Refrigerate leftovers.

Makes 5 servings.

Braised Carrots and Tomatoes

Ingredients:

1 tablespoon vegetable oil
1 tablespoon whole coriander or
cumin seeds (or 1 teaspoon ground)
1 cup chopped onion
4 cups chopped carrots
4 garlic cloves, minced
1 cup chopped tomatoes
1/2 cup chopped mint
Salt and black pepper to taste

Directions:

1. In a large pot, heat oil over medium-high heat.
2. Add coriander or cumin and onion, and cook until soft, about 5 minutes.
3. Add carrots and garlic and cook 3 minutes.
4. Add tomatoes and half of the mint. Cook until carrots are soft, about 10 minutes.
5. Turn off heat and add black pepper and the remaining mint.
6. Serve and enjoy!
7. Refrigerate leftovers.

Makes 4 servings. Adapted from **nytimes.com**.

Quick Tips

- Eat carrot sticks with low-fat salad dressing or dip.
- Shred carrots into a soup or salad.
- Wash and cook carrot tops to eat as greens.

Kids can:

- Remove greens.
- Scrub carrot skins.

胡蘿蔔

- 請挑選結實、表皮光滑且沒有裂縫的胡蘿蔔。
- 未洗過的生胡蘿蔔可冷藏保存最多 2 週。煮好的胡蘿蔔可冷藏保存最多 3 天。
- 食用前，請刷洗並清洗乾淨。不需要去皮，因為胡蘿蔔皮含有豐富的營養。
- 胡蘿蔔含有維他命 A，對於眼睛和皮膚健康很有幫助。



胡蘿蔔葡萄乾沙拉

食材：

2 杯胡蘿蔔絲
1/4 杯葡萄乾
1 顆蘋果，切丁
1 湯匙蔬菜油
2 湯匙檸檬汁
1 個蒜瓣，剁碎
1/4 茶匙肉桂
適量鹽和黑胡椒粉

做法：

1. 將胡蘿蔔、葡萄乾和蘋果倒入一個大碗中。
2. 要製作調味料，可將所有其他食材放入小碗中並攪拌均勻。
3. 將調味料倒在胡蘿蔔和葡萄乾上。攪拌均勻。
4. 冷藏後裝盤即可享用！
5. 如未食完，冷藏保存。

可做 5 人份。

燉煮胡蘿蔔與蕃茄

食材：

1 湯匙蔬菜油
1 湯匙整顆胡荽或孜然籽 (或刨絲的 1 茶匙)
1 杯切碎的洋蔥
4 杯切碎的胡蘿蔔
4 個蒜瓣，剁碎
1 杯切碎的蕃茄
1/2 杯切碎的薄荷
適量鹽和黑胡椒粉

做法：

1. 備大鍋，開中大火，將鍋中油加熱。
2. 加入胡荽或孜然籽與洋蔥煮至軟爛，約需 5 分鐘。
3. 加入胡蘿蔔和大蒜，然後煮 3 分鐘。
4. 加入蕃茄與一半的薄荷，並煮到胡蘿蔔熟軟，約需 10 分鐘。
5. 關火並加入黑胡椒粉與剩餘的薄荷。
6. 裝盤即可享用！
7. 如未食完，冷藏保存。

可做 4 人份。改編自 [nytimes.com](https://www.nytimes.com)。

小貼士

- 胡蘿蔔條可以加上低脂沙拉調味料或調味汁食用。
- 可將胡蘿蔔切絲後加入湯或沙拉中。
- 清洗並烹煮胡蘿蔔縷，當成蔬菜吃。

孩子們可以：

- 摘掉綠葉。
- 刷洗胡蘿蔔表皮。

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Just Say Yes to Fruits and Vegetables

NYC
Health

Chickpeas

- Before cooking dried beans, remove pebbles and any shriveled beans. Soak for at least 8 hours.
- For a quicker prep time, cover chickpeas and bring to a boil. Turn off heat and allow beans to soak for 1 to 2 hours. Drain, rinse and cover with fresh water. Simmer until soft.
- Beans are an affordable source of protein and fiber.



Chickpea Salad

Ingredients:

1 small onion, finely diced
1/2 cup white vinegar
1 green bell pepper, diced
1 tomato, diced
1 garlic clove, minced
1 1/2 cups cooked or 1 can
(15 1/2 ounces) chickpeas,
drained and rinsed
2 tablespoons vegetable oil
1/4 cup cilantro, finely chopped
1 teaspoon smoked paprika
1 teaspoon cumin
Salt and black pepper to taste

Directions:

1. In a small bowl, place onions and cover with vinegar. Set aside for 10 minutes.
2. Mix bell pepper, tomato, garlic and chickpeas.
3. Mix in oil, cilantro, paprika and cumin.
4. Drain vinegar from the onions and add to the salad.
5. Add salt and black pepper to taste.
6. Serve and enjoy!
7. Refrigerate leftovers.

Makes 7 servings. Adapted from jehancancook.com.

Quick Tips

- 1 pound of dried chickpeas (2 cups) equals 5 to 6 cups of cooked chickpeas.
- Dried chickpeas can be kept in an airtight container for up to 1 year.

Kids can:

- Help pour water over dried beans to soak and cook.
- Help mash cooked beans with a fork.

鷹嘴豆

- 烹煮乾豆之前，先撿除礪石或任何乾扁的豆子。浸泡至少 8 小時。
- 為縮短料理時間，請用冷水淹過鷹嘴豆，然後煮至沸騰。關火，讓豆子浸泡 1 至 2 小時。將水瀝乾、清洗並以清水淹過豆子。燉煮 2 小時或是煮至變軟為止。
- 豆類是蛋白質和纖維的來源，價格又實惠。



鷹嘴豆沙拉

食材：

- 1 個小洋蔥，切成小丁
- 1/2 杯白醋
- 1 個青椒，切丁
- 1 顆蕃茄，切丁
- 1 個蒜瓣，剁碎
- 1 1/2 杯煮熟或 1 罐 (15.5 盎司)
鷹嘴豆，洗淨瀝乾
- 2 湯匙蔬菜油
- 1/4 杯香菜，切碎
- 1 茶匙煙燻甜椒粉
- 1 茶匙孜然粉
- 適量鹽和黑胡椒粉

做法：

1. 備一個小碗，加入洋蔥並倒入醋汁淹過洋蔥。靜置 10 分鐘。
2. 備另一個碗，拌入甜椒、蕃茄、大蒜和鷹嘴豆。
3. 加入油、香菜、甜椒粉和孜然粉拌勻。
4. 將浸泡洋蔥的醋汁倒掉，然後將洋蔥加入沙拉。
5. 加入鹽和黑胡椒粉調味。
6. 裝盤即可享用！
7. 如未食完，冷藏保存。

可做 7 人份。改編自 jehancancook.com。

小貼士

- 1 磅乾鷹嘴豆 (2 杯) 等於 5 到 6 杯煮熟的鷹嘴豆。
- 乾鷹嘴豆可以在密封容器中存放長達 1 年時間。

孩子們可以：

- 幫忙倒水浸泡乾豆，方便將其煮熟。
- 協助用叉子壓碎煮熟的豆子。

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Just Say Yes to Fruits and Vegetables

NYC
Health

Chickpeas

- Before cooking dried beans, remove pebbles and any shriveled beans. Soak for at least 8 hours.
- For a quicker prep time, cover chickpeas and bring to a boil. Turn off heat and allow beans to soak for 1 to 2 hours. Drain, rinse and cover with fresh water. Simmer until soft.
- Beans are an affordable source of protein and fiber.



Chickpea Curry

Ingredients:

2 tablespoons vegetable oil
1/2 medium onion, diced
4 garlic cloves, minced
1/2 teaspoon cumin
2 1/2 tablespoons curry powder
3 large potatoes, diced
1 1/2 cups cooked or 1 can
(15 1/2 ounces) chickpeas,
drained and rinsed
4 cups baby spinach, tightly
packed
1 lime, juiced
1/2 cup fresh herbs, finely
chopped (parsley, basil, thyme
or cilantro)
Salt and black pepper to taste

Directions:

1. In a large pan, heat oil over medium-low heat. Add onion and garlic and sauté for 2 to 3 minutes or until soft.
2. Add cumin and curry powder and sauté for 3 to 5 minutes.
3. Turn heat to medium-high, stir in potatoes and add 2 1/2 cups of water. Bring to a boil.
4. Reduce heat to low, partially cover with a lid. Gently simmer for 10 minutes or until potatoes are soft.
5. Add chickpeas and baby spinach, cover with the lid, and cook for 1 to 2 minutes or until the spinach wilts down.
6. Remove from the heat, mix in fresh herbs, and add salt and black pepper to taste.
7. Serve and enjoy!
8. Refrigerate leftovers.

Makes 6 servings. Adapted from caribbeanpot.com.

Quick Tips

- 1 pound of dried chickpeas (2 cups) equals 5 to 6 cups of cooked chickpeas.
- Dried chickpeas can be kept in an airtight container for up to 1 year.

Kids can:

- Help pour water over dried beans to soak and cook.
- Help mash cooked beans with a fork.

鷹嘴豆



- 烹煮乾豆之前，先撿除礮石或任何乾扁的豆子。浸泡至少 8 小時。
- 為縮短料理時間，請用冷水淹過鷹嘴豆，然後煮至沸騰。關火，讓豆子浸泡 1 至 2 小時。將水瀝乾、清洗並以清水淹過豆子。燉煮 2 小時或是煮至變軟為止。
- 豆類是蛋白質和纖維的來源，價格又實惠。

咖哩鷹嘴豆

食材：

- 2 湯匙蔬菜油
- 1/2 個中型洋蔥，切丁
- 4 個蒜瓣，剁碎
- 1/2 茶匙孜然粉
- 2 1/2 湯匙咖哩粉
- 3 顆大馬鈴薯，切丁
- 1 1/2 杯煮熟或 1 罐 (15.5 盎司)
鷹嘴豆，洗淨瀝乾
- 4 杯嫩菠菜，擠乾水份
- 1 顆萊姆，榨汁
- 1/2 杯新鮮香草，切碎
(歐芹、羅勒、百里香或香菜)
- 適量鹽和黑胡椒粉

做法：

1. 在大鍋中，以中小火將油加熱。加入洋蔥與大蒜，然後炒 2 至 3 分鐘或直到變軟為止。
2. 加入孜然粉和咖哩粉，然後炒 3 至 5 分鐘。
3. 轉中大火，拌入馬鈴薯並加入 2 1/2 杯水。煮至沸騰。
4. 轉小火，用鍋蓋虛掩。小火燉煮 10 分鐘或是煮至馬鈴薯變軟為止。
5. 加入鷹嘴豆和嫩菠菜，蓋上鍋蓋並烹煮 1 至 2 分鐘或直到菠菜變軟為止。
6. 關火並拌入新鮮香草，然後加入鹽和黑胡椒粉調味。
7. 裝盤即可享用！
8. 如未食完，冷藏保存。

可做 6 人份。改編自 caribbeanpot.com。

小貼士

- 1 磅乾鷹嘴豆 (2 杯) 等於 5 到 6 杯煮熟的鷹嘴豆。
- 乾鷹嘴豆可以在密封容器中存放長達 1 年時間。

孩子們可以：

- 幫忙倒水浸泡乾豆，方便將其煮熟。
- 協助用叉子壓碎煮熟的豆子。

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Just Say Yes to Fruits and Vegetables

NYC
Health

Corn

- Look for fresh green husks with no rotten spots.
- Leave husk on and wrap in a plastic bag. Refrigerate for up to 7 days.
- Corn can be eaten raw. Just remove the silky husks, rinse, cut the kernels off the cob and enjoy!
- Corn has fiber, which helps to keep you regular.



Raw Corn Salad

Ingredients:

4 ears of corn
1 red onion, chopped
2 tomatoes, chopped
2 carrots, grated
2 tablespoons vegetable oil
1/4 cup vinegar
1 cup chopped fresh cilantro
Salt and black pepper to taste

Directions:

1. Remove husks from corn, rinse and cut off kernels from the cob.
2. In a large bowl, combine corn, onion, tomatoes and carrots.
3. To make dressing, combine oil, vinegar, cilantro, salt and black pepper in a small bowl. Mix well.
4. Pour dressing on the salad and toss.
5. Serve and enjoy!
6. Refrigerate leftovers.

Makes 6 servings. Adapted from greenmarketrecipes.com.

Fresh Corn Polenta

Ingredients:

4 ears of corn
1 tablespoon vegetable oil
1/2 cup chopped onion
1/2 teaspoon salt
Salt and black pepper to taste

Directions:

1. Remove husks from corn, rinse and grate corn kernels using a box grater. Reserve corn solids and liquids.
2. In a large pot, heat oil over medium heat. Add onion and cook until soft, about 5 minutes.
3. Add corn and cook until thick, about 3 minutes.
4. Remove from heat and add salt and black pepper to taste
5. Serve and enjoy!
6. Refrigerate leftovers.

Makes 4 servings. Adapted from food52.com.

Quick Tips

- You can eat corn raw, boiled or grilled, or add it to salads, soups, stews or stir-fries.
- To boil corn, remove husks and the silky part from the top, then place whole ears in boiling water for 7 minutes.
- 1 ear of corn gives you about 3/4 cup of kernels.

Kids can:

- Remove corn husks and silk.
- Stir corn salad ingredients.

玉米

- 請挑選有新鮮綠色外皮且沒有腐爛斑點的玉米。
- 請保留玉米殼並以塑膠袋包裹。可冷藏存放最多 7 天。
- 玉米可以生吃。只要撕開帶玉米穗的玉米殼、洗淨，然後將玉米棒上的玉米粒取下即可享用！
- 玉米含有纖維，有助於保持規律的排便。



生玉米沙拉

食材：

- 4 支玉米
- 1 顆紅洋蔥，切碎
- 2 顆蕃茄，切碎
- 2 個胡蘿蔔，刨絲
- 2 湯匙蔬菜油
- 1/4 杯醋
- 1 杯新鮮香菜，切碎
- 適量鹽和黑胡椒粉

做法：

1. 除去玉米殼，洗淨，然後將玉米棒上的玉米粒取下。
2. 在一個大碗中放入玉米、洋蔥、蕃茄和胡蘿蔔。
3. 要製作調味料，可在小碗中加入油、醋、香菜、鹽和黑胡椒粉。攪拌均勻。
4. 將調味料倒入沙拉中並充分攪拌。
5. 裝盤即可享用！
6. 如未食完，冷藏保存。

可做 6 人份。改編自 greenmarketrecipes.com。

新鮮玉米粥

食材：

- 4 支玉米
- 1 湯匙植物油
- 1/2 杯切碎的洋蔥
- 1/2 茶匙鹽
- 適量鹽和黑胡椒粉

做法：

1. 除去玉米殼、洗淨，然後使用箱形刨刀刨下玉米粒。保留玉米粒與玉米汁。
2. 備大鍋，開中火，將鍋中油加熱。加入洋蔥煮至軟爛，約需 5 分鐘。
3. 加入玉米煮至湯汁濃稠，約需 3 分鐘。
4. 關火，然後加入鹽和黑胡椒粉調味。
5. 裝盤即可享用！
6. 如未食完，冷藏保存。

可做 4 人份。改編自 food52.com。

小貼士

- 玉米可以生吃、水煮或炙烤，也可加入沙拉、煮湯、燉煮或快炒。
- 若要水煮玉米，請去除玉米殼與玉米穗，然後將整支玉米放入沸水中煮 7 分鐘。
- 1 支玉米約有 3/4 杯玉米粒。

孩子們可以：

- 去除玉米殼與玉米穗。
- 攪拌玉米沙拉食材。

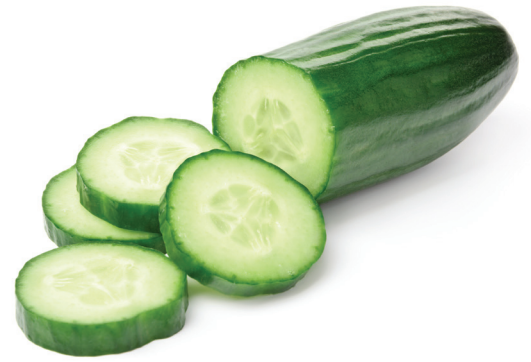
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Just Say Yes to Fruits and Vegetables



Cucumbers

- Choose firm cucumbers without spots or bruises.
- Refrigerate whole cucumbers for up to 1 week.
- Before eating, rinse and cut off the ends. The skin and seeds can be eaten and are full of fiber and nutrients.
- Cucumbers contain lots of water, which helps to keep you hydrated.



Sweet and Spicy Cucumbers

Ingredients:

3 cucumbers, thinly sliced
1/2 red onion, chopped
1/2 cup red wine vinegar
2 tablespoons sugar
1/4 teaspoon salt
1/4 teaspoon red pepper flakes

Directions:

1. In a large bowl, combine the cucumbers and red onion.
2. To make dressing, stir together 1/2 cup of water, vinegar, sugar, salt and red pepper flakes in a small bowl.
3. Pour the dressing on the cucumbers and mix gently.
4. Serve chilled and enjoy!
5. Refrigerate leftovers.

Makes 6 servings. Adapted from ourbestbites.com.

Cucumber Tomato Salad

Ingredients:

2 cucumbers, sliced
2 tomatoes, chopped
1 onion, sliced
1/2 teaspoon chopped garlic
1/2 teaspoon dried oregano (optional)
1 tablespoon vegetable oil
3 tablespoons vinegar
Salt and black pepper to taste

Directions:

1. In a medium bowl, combine all ingredients.
2. Chill for 1 hour.
3. Stir and serve. Enjoy!
4. Refrigerate leftovers.

Makes 6 servings.

Quick Tips

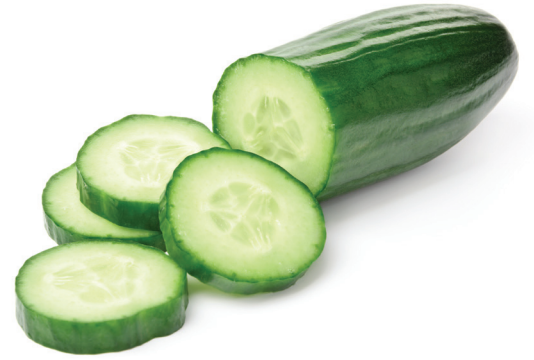
- Add chopped cucumbers to salads or sandwiches for extra crunch.
- Slice cucumbers in half lengthwise and scoop out seeds. Fill with low-fat cottage cheese, tuna or egg salad.
- Make quick pickles: Mix the same amount of vinegar and water with a pinch of salt and your favorite spices. Pour over cucumber slices and enjoy in 1 hour.

Kids can:

- Rinse cucumbers before eating.
- Cut cucumbers with a plastic knife.

黃瓜

- 請挑選沒有斑點或損傷的結實黃瓜。
- 整根黃瓜可冷藏保存最多 1 週。
- 食用前，請清洗乾淨並切除兩端。表皮與種子都可以吃，且含有豐富的纖維與營養。
- 黃瓜含有大量水份，可以讓您補充水分。



甜辣黃瓜

食材：

- 3 根黃瓜，切成薄片
- 1/2 顆紅洋蔥，切碎
- 1/2 杯紅酒醋
- 2 湯匙糖
- 1/4 茶匙鹽
- 1/4 茶匙乾紅辣椒碎

做法：

1. 將黃瓜與紅洋蔥放入一個大碗內。
2. 要製作調味料，可在一個小碗中放入 1/2 杯水、醋、糖、鹽和乾紅辣椒碎並充分攪拌。
3. 將調味料倒在黃瓜上，輕輕攪拌。
4. 冷藏後即可取出享用！
5. 如未食完，冷藏保存。

可做 6 人份。改編自 ourbestbites.com。

黃瓜蕃茄沙拉

食材：

- 2 根黃瓜，切片
- 2 顆蕃茄，切碎
- 1 顆洋蔥，切片
- 1/2 茶匙切碎的大蒜
- 1/2 茶匙乾牛至 (可以不加)
- 1 湯匙蔬菜油
- 3 湯匙醋
- 適量鹽和黑胡椒粉

做法：

1. 將所有食材放入一個中碗。
2. 冷藏 1 小時。
3. 攪拌後即可裝盤。享受美味！
4. 如未食完，冷藏保存。

可做 6 人份。

小貼士

- 將切碎的黃瓜加入沙拉或三明治中，讓口感更加爽脆。
- 將黃瓜對半直切，並挖出種子。填入低脂鄉村起司、鮭魚或蛋沙拉。
- 快速醃漬：以少許的鹽與喜愛的香料加等量的醋與水進行調味。倒入切片的黃瓜，並在 1 小時內享用。

孩子們可以：

- 在食用之前清洗黃瓜。
- 用塑膠刀切黃瓜。

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Just Say Yes to Fruits and Vegetables

NYC
Health

Eggplant



- Choose eggplants with smooth skin and no soft spots.
- Store unwashed eggplants in the refrigerator for up to 10 days.
- Before cooking, rinse and cut off the tops. Skin and seeds can be eaten and contain fiber and nutrients.
- Eggplants have antioxidants, which help to fight disease.

Eggplant With Basil

Ingredients:

1 tablespoon vegetable oil
1/2 jalapeño, seeded and diced
2 garlic cloves, diced
1 tablespoon fresh ginger,
peeled and minced
8 cups diced eggplant
2 tablespoons low-sodium
soy sauce
1 teaspoon honey or sugar
1 cup chopped basil
Salt and black pepper to taste

Directions:

1. In a large pan, heat oil over medium heat. Add jalapeño, garlic and ginger, and cook for 2 minutes. Stir often.
2. Add eggplant and stir. Add 1 cup of water, cover pan and cook until eggplant is soft, about 6 to 7 minutes. Add extra water if needed.
3. Add soy sauce and honey and stir. Turn off heat.
4. Add basil and stir. Add salt and black pepper to taste.
5. Serve hot and enjoy!
6. Refrigerate leftovers.

Makes 8 servings. Adapted from **thaitable.com**.

Tomato and Eggplant Stew

Ingredients:

1 tablespoon vegetable oil
1 cup chopped onion
1 cup chopped green bell pepper
2 garlic cloves, diced
8 cups chopped eggplant
3 cups chopped fresh tomatoes
1 tablespoon fresh or 2 teaspoons
dried thyme
Salt and black pepper to taste

Directions:

1. In a large pot, heat oil over medium heat. Add onion and bell pepper and cook until soft.
2. Add garlic and cook for 1 minute. Add eggplant and cook for an additional 5 minutes.
3. Add tomatoes and thyme, stir and bring to a boil. Reduce heat to low and cook until sauce thickens and eggplant is fully cooked, about 15 minutes. Add salt and black pepper to taste. Stir often.
4. Serve hot or warm and enjoy!
5. Refrigerate leftovers.

Makes 8 servings. Adapted from **nytimes.com**.

Quick Tips

- Use diced eggplant in cooked vegetable side dishes or entrées.
- All eggplant varieties can be used in place of one another in recipes. Try new colors and shapes!
- Eggplant is great grilled. Top with oil, salt and black pepper, and place on a hot grill.

Kids can:

- Rinse eggplants before cooking.
- Cut a piece of eggplant into small pieces with a plastic knife.

茄子



- 請挑選表皮光滑且沒有軟點的茄子。
- 未洗過的茄子可冷藏存放最長 10 天。
- 烹煮前，請清洗乾淨並切除頂端。表皮與種子都可以食用，並且含有纖維與營養。
- 茄子含有抗氧化劑，有助於抵抗疾病。

羅勒茄子

食材：

- 1 湯匙蔬菜油
- 1/2 個墨西哥辣椒，去籽並切丁
- 2 個蒜瓣，切丁
- 1 湯匙去皮剝碎的新鮮薑
- 8 杯切丁的茄子
- 2 湯匙低鈉醬油
- 1 茶匙蜂蜜或糖
- 1 杯切碎的羅勒
- 適量鹽和黑胡椒粉

做法：

1. 在大鍋中，以中火將油加熱。加入墨西哥辣椒、大蒜和薑，然後煮 2 分鐘。期間不時攪拌。
2. 加入茄子並攪拌。加入 1 杯水，蓋上鍋蓋，然後烹煮到茄子變軟為止，約需 6 到 7 分鐘。必要時再多加一些水。
3. 加入醬油和蜂蜜，然後攪拌。關火。
4. 加入羅勒，然後攪拌。加入鹽和黑胡椒粉調味。
5. 趁熱裝盤享用！
6. 如未食完，冷藏保存。

可做 8 人份。改編自 thaitable.com。

蕃茄燉茄子

食材：

- 1 湯匙蔬菜油
- 1 杯切碎的洋蔥
- 1 杯切碎的青椒
- 2 個蒜瓣，切丁
- 8 杯切碎的茄子
- 3 杯切碎的新鮮蕃茄
- 1 湯匙新鮮百里香或 2 茶匙乾百里香
- 適量鹽和黑胡椒粉

做法：

1. 備大鍋，開中火，將鍋中油加熱。加入洋蔥和甜椒，煮至變軟為止。
2. 加入大蒜煮 1 分鐘。加入茄子，再烹煮 5 分鐘。
3. 加入蕃茄和百里香，攪拌並煮至沸騰。轉到小火，煮到湯汁濃稠且茄子完全煮熟為止，約需 15 分鐘。加入鹽和黑胡椒粉調味。期間不時攪拌。
4. 趁熱或有餘溫時享用！
5. 如未食完，冷藏保存。

可做 8 人份。改編自 nytimes.com。

小貼士

- 可在煮熟的蔬菜配菜或是主菜中使用切丁的茄子。
- 所有的茄子品種可用於在食譜中彼此替代。嘗試新的色彩與形狀！
- 烤茄子非常美味！在茄子上淋上油、鹽以及黑胡椒粉，然後放在熱烤架上炙烤。

孩子們可以：

- 在烹煮前清洗茄子。
- 用塑膠刀將一段茄子切成若干小塊。

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Just Say Yes to Fruits and Vegetables

NYC
Health

Fruit-Infused Water

- Drink plenty of water every day. Drink more water when it is hot outside and when you are physically active.
- Drink New York City tap water. It is free, clean and good for you. Fill a water bottle and carry it with you during the day.
- Get creative! Add flavor to water by adding a slice of your favorite fruit.



Spring: Strawberry and Basil

Ingredients:

2 cups sliced strawberries
1/4 cup fresh basil leaves
Water or carbonated water
Ice

Directions:

1. Add strawberries and basil to a pitcher.
2. Gently press mixture with a spoon to release some of the juices.
3. Add ice to the pitcher, then fill with water. Stir to mix.
4. Serve immediately or cover and chill in the refrigerator. Enjoy!

Early Summer: Mixed Berry

Ingredients:

2 cups blueberries, raspberries
and blackberries
Water or carbonated water
Ice

Directions:

1. Add berries to a pitcher.
2. Gently press mixture with a spoon to release some of the juices.
3. Add ice to the pitcher, then fill with water. Stir to mix.
4. Serve immediately or cover and chill in the refrigerator. Enjoy!

Late Summer: Watermelon and Jalapeño

Ingredients:

2 cups chopped watermelon
1/2 jalapeño, seeds removed
and sliced thin
Water or carbonated water
Ice

Directions:

1. Add watermelon and jalapeño to a pitcher.
2. Gently press mixture with a spoon to release some of the juices.
3. Add ice to pitcher, then fill with water. Stir to mix.
4. Serve immediately or cover and chill in the refrigerator. Enjoy!

Fall and Winter: Apple, Pear and Ginger

Ingredients:

1 apple, sliced
1 pear, sliced
2 tablespoons minced ginger
Water or carbonated water
Ice

Directions:

1. Add apple, pear and ginger to a pitcher.
2. Gently press mixture with a spoon to release some of the juices.
3. Add ice to pitcher, then fill with water. Stir to mix.
4. Serve immediately or cover and chill in the refrigerator. Enjoy!

果味水

- 每天應大量飲水。在戶外炎熱的地方與從事體力活動之後，應增加飲水量。
- 飲用紐約市自來水。自來水乾淨免費，而且對健康有益。將水瓶裝滿水並在一天當中隨身攜帶。
- 盡情發揮創意！加入您最喜愛的水果片，讓水變得更加美味。



春季：草莓和羅勒

食材：

2 杯草莓片
1/4 杯新鮮羅勒葉
飲用水或蘇打水
冰塊

做法：

1. 將草莓和羅勒加入水壺。
2. 用湯匙將混合物輕輕壓擠出一些果汁。
3. 在水壺中加入冰塊，然後裝滿水。攪拌以混合。
4. 立刻食用或放在冰箱中加蓋冷藏。享受美味！

初夏：混合莓果

食材：

2 杯藍莓、覆盆子和黑莓
飲用水或蘇打水
冰塊

做法：

1. 將莓果加入水壺中。
2. 用湯匙將混合物輕輕壓擠出一些果汁。
3. 在水壺中加入冰塊，然後裝滿水。攪拌以混合。
4. 立刻食用或放在冰箱中加蓋冷藏。享受美味！

夏末：西瓜和墨西哥辣椒

食材：

2 杯切碎的西瓜
1/2 個墨西哥胡椒，去籽並切成薄片
飲用水或蘇打水
冰塊

做法：

1. 將西瓜和墨西哥辣椒加入水壺中。
2. 用湯匙將混合物輕輕壓擠出一些果汁。
3. 在水壺中加入冰塊，然後裝滿水。攪拌以混合。
4. 立刻食用或放在冰箱中加蓋冷藏。享受美味！

秋冬：蘋果、梨子和薑

食材：

1 顆蘋果，切片
1 顆梨子，切片
2 湯匙剝碎的薑
飲用水或蘇打水
冰塊

做法：

1. 將蘋果、梨子和薑加入水壺中。
2. 用湯匙將混合物輕輕壓擠出一些果汁。
3. 在水壺中加入冰塊，然後裝滿水。攪拌以混合。
4. 立刻食用或放在冰箱中加蓋冷藏。享受美味！

Green Beans



- Choose firm and crisp fresh green beans.
- Put in a loosely closed plastic bag and keep in the refrigerator for up to 5 days.
- Rinse green beans and remove ends before eating.
- Green beans have vitamin A, which is good for your eyes and skin.

Green Bean Stir-Fry With Corn

Ingredients:

2 tablespoons vegetable oil
2 garlic cloves, minced
1 jalapeño, seeded and minced
4 cups chopped green beans
1 cup corn
2 tablespoons chopped scallions
1 cup chopped cilantro
2 tablespoons low-sodium soy sauce
1 teaspoon honey

Directions:

1. In a large pan, heat oil over medium-high heat.
2. Add garlic and jalapeño and cook 1 minute. Stir often.
3. Add green beans, corn and scallions. Mix well.
4. Cook until green beans are soft, about 4 to 5 minutes. Stir often.
5. Reduce heat to medium. Add cilantro, soy sauce and honey. Stir well and cook 1 minute.
6. Serve and enjoy!
7. Refrigerate leftovers.

Makes 6 servings. Adapted from **bonappetit.com**.

Green Bean and Cherry Tomato Salad

Ingredients:

4 cups chopped green beans
4 cups cherry tomatoes, halved
1/4 cup sliced fresh basil
3 tablespoons vegetable oil
2 tablespoons apple cider vinegar
3 tablespoons minced shallots
1/8 teaspoon crushed red pepper flakes (optional)

Directions:

1. In a large pot, boil 2 cups of water over high heat.
2. Add green beans and cook to desired firmness.
3. Rinse green beans under cold water until cool.
4. Combine cooled green beans, tomatoes and basil in a bowl.
5. To make dressing, combine oil, vinegar, shallots and red pepper flakes in a small bowl. Mix well.
6. Add dressing to vegetables and mix well.
7. Serve and enjoy!
8. Refrigerate leftovers.

Makes 8 servings. Adapted from **smittenkitchen.com**.

Quick Tips

- Add green beans to a soup, stew or stir-fry.
- Green beans can be eaten raw. Chop fresh green beans and add them to a tossed salad for some crunch.
- Stir-fry with garlic and a small amount of oil for a tasty side dish.

Kids can:

- Wash green beans.
- Break green beans into pieces.

四季豆



- 請挑選結實、鮮脆的四季豆。
- 請將四季豆裝入略微封緊的塑膠袋，冷藏存放最長 5 天。
- 清洗四季豆並去除兩端，然後再烹煮食用。
- 四季豆含有維他命 A，對於眼睛和皮膚健康很有幫助。

四季豆炒玉米

食材：

- 2 湯匙蔬菜油
- 2 個蒜瓣，剁碎
- 1 個墨西哥辣椒，去籽並剁碎
- 4 杯切碎的四季豆
- 1 杯玉米
- 2 湯匙切碎的青蔥
- 1 杯切碎的香菜
- 2 湯匙低鈉醬油
- 1 茶匙蜂蜜

做法：

1. 在大鍋中，以中大火將油加熱。
2. 加入大蒜和墨西哥辣椒，然後炒 1 分鐘。期間不時攪拌。
3. 加入四季豆、玉米和青蔥。攪拌均勻。
4. 烹煮到四季豆變軟為止，約需 4 到 5 分鐘。期間不時攪拌。
5. 轉至中火。加入香菜、醬油與蜂蜜。充分翻炒並烹煮 1 分鐘。
6. 裝盤即可享用！
7. 如未食完，冷藏保存。

可做 6 人份。改編自 bonappetit.com。

四季豆和櫻桃蕃茄沙拉

食材：

- 4 杯切碎的四季豆
- 4 杯櫻桃蕃茄，對半切開
- 1/4 杯切片的新鮮羅勒
- 3 湯匙蔬菜油
- 2 湯匙蘋果醋
- 3 湯匙剁碎的紅蔥
- 1/8 茶匙壓碎的紅椒碎片 (可以不加)

做法：

1. 備一個大鍋，用大火將 2 杯水煮沸。
2. 加入四季豆，烹煮至想要的硬度。
3. 用冷水沖洗四季豆，直到冷卻為止。
4. 將冷卻的四季豆、蕃茄和羅勒放在一個碗中。
5. 要製作調味料，可在小碗中加入油、醋、紅蔥和乾紅辣椒碎。攪拌均勻。
6. 在蔬菜中加入調味料，然後攪拌均勻。
7. 裝盤即可享用！
8. 如未食完，冷藏保存。

可做 8 人份。改編自 smittenkitchen.com。

小貼士

- 可將四季豆加入湯品、燉菜或炒菜。
- 四季豆可以生吃。將新鮮的四季豆切碎，然後將其加入拌沙拉以增加爽脆的口感。
- 用大蒜和少許油炒四季豆，可做成一道美味的配菜。

孩子們可以：

- 清洗四季豆。
- 將四季豆折段。

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Just Say Yes to Fruits and Vegetables

NYC
Health

Lettuce

- Choose lettuce that is firm and green, and that smells sweet.
- Wrap unwashed lettuce in a paper towel or clean cotton dish towel and place in a plastic bag. Refrigerate for 3 to 7 days. Rinse just before using.
- Before eating, remove the center core and outer wilted leaves. Rinse well and dry with a clean towel.
- Lettuce has vitamin A, which is good for your eyes and skin.



Lettuce and Apple Salad

Ingredients:

6 cups shredded lettuce
2 apples, chopped
1/2 cup carrot, shredded
1/2 cucumber, chopped
2 tablespoons olive oil
2 teaspoons red wine vinegar
2 teaspoons balsamic vinegar
1 garlic clove, minced
Salt and black pepper to taste

Directions:

1. In a large bowl, add the lettuce, apples, carrots and cucumber. Toss lightly.
2. In a small bowl, add the garlic and a pinch of salt and press it with the back of a spoon until you get a smooth garlic paste.
3. Add oil, red wine and balsamic vinegars, another pinch of salt and black pepper, and stir in a small bowl to combine.
4. Pour dressing on salad and toss. Enjoy!
5. Refrigerate leftovers.

Makes 6 servings. Adapted from jsyfruitveggies.org.

Stir-Fried Lettuce

Ingredients:

2 teaspoons vegetable oil
4 garlic cloves, minced
1 tablespoon low-sodium soy sauce
1 teaspoon honey or sugar
2 heads lettuce, chopped
1/4 teaspoon crushed red pepper flakes (optional)
Salt and black pepper to taste

Directions:

1. In a large pot, heat oil over medium heat.
2. Add garlic and cook for 2 minutes. Stir often.
3. Add soy sauce and honey (or sugar) and stir.
4. Add lettuce and cook until lettuce is soft, about 2 to 3 minutes.
5. Add red pepper flakes and salt and black pepper to taste.
6. Serve hot and enjoy!
7. Refrigerate leftovers.

Makes 4 servings. Submitted by Beth Bainbridge, Stellar Farmers Markets.

Quick Tips

- Lettuce is great cooked! Shred leaves and add to a soup or stir fry just like other leafy greens.
- Squeeze lemon juice and a bit of oil over lettuce for a quick salad.
- The darker the color of lettuce, the richer it is in nutrients.

Kids can:

- Rinse lettuce in cold water.
- Tear lettuce leaves.

萵苣

- 請挑選結實、翠綠且聞起來有甜味的萵苣。
- 請將未洗過的萵苣包在紙巾或乾淨的棉質擦碗布中，然後裝入塑膠袋中。可冷藏存放 3 至 7 天。食用前清洗即可。
- 食用前，去除中心與外部枯萎的葉子。沖洗乾淨，用乾淨的紙巾擦乾。
- 萵苣含有維他命 A，對於眼睛和皮膚健康很有幫助。



萵苣蘋果沙拉

食材：

- 6 杯萵苣絲
- 2 顆蘋果，切碎
- 1/2 杯胡蘿蔔絲
- 1/2 個黃瓜，切碎
- 2 湯匙橄欖油
- 2 茶匙紅酒醋
- 2 茶匙香醋
- 1 個蒜瓣，剁碎
- 適量鹽和黑胡椒粉

做法：

1. 在一個大碗中加入萵苣、蘋果、胡蘿蔔和黃瓜。輕輕攪拌。
2. 在同一個碗中，加入大蒜和少許鹽，用湯匙背面碾壓，直到蒜泥滑順為止。
3. 加入油、紅酒和香醋，再撒上少許鹽和黑胡椒粉，然後在小碗中攪拌均勻。
4. 將調味料倒入沙拉中並充分攪拌。享受美味！
5. 如未食完，冷藏保存。

可做 6 人份。改編自 jsyfruitveggies.org。

炒萵苣

食材：

- 2 茶匙蔬菜油
- 4 個蒜瓣，剁碎
- 1 湯匙低鈉醬油
- 1 茶匙蜂蜜或糖
- 2 個萵苣，切碎
- 1/4 茶匙壓碎的紅椒碎片
(可以不加)
- 適量鹽和黑胡椒粉

做法：

1. 備大鍋，開中火，將鍋中油加熱。
2. 加入大蒜炒 2 分鐘。期間不時攪拌。
3. 加入醬油和蜂蜜 (或糖)，然後攪拌。
4. 加入萵苣炒至萵苣軟爛，約需 2 至 3 分鐘。
5. 加入紅椒碎片、鹽以及黑胡椒粉調味。
6. 趁熱裝盤享用！
7. 如未食完，冷藏保存。

可做 4 人份。Beth Bainbridge 提供 (Stellar Farmers Markets)。

小貼士

- 烹煮的萵苣很美味！將萵苣葉切碎後像其他綠葉蔬菜一樣放入湯或炒菜裡。
- 在萵苣上擠上檸檬汁以及淋上少許油即可做成簡單的沙拉。
- 萵苣的顏色愈深，營養愈豐富。

孩子們可以：

- 用冷水沖洗萵苣。
- 手撕萵苣葉。

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Just Say Yes to Fruits and Vegetables

NYC
Health

Melons

- Choose melons that smell good, are heavy for their size and do not have bruises.
- Keep melons out of direct sunlight and at room temperature until ripe, then refrigerate. Melons are ripe when they have a strong scent. Keep cut melons in the refrigerator.
- Before eating, rinse the rinds, remove the seeds and cut into pieces or slices.
- Melons have potassium, which is good for your heart.



Melon Gazpacho

Ingredients:

4 cups chopped melon
(cantaloupe and honeydew)
2 cups chopped tomatoes
3 cups chopped red and
green bell peppers
1/2 cup chopped scallions
1/2 jalapeño, chopped with
seeds removed
3 garlic cloves
1/4 cup lemon juice
1 tablespoon vegetable oil
Salt and black pepper to taste

Directions:

1. In a blender or food processor, puree all ingredients.
2. Add salt and black pepper to taste.
3. Enjoy or refrigerate and serve cold.
4. Refrigerate leftovers.

Makes 7 servings. Adapted from **tastingtable.com**.

Melon Salad With Fresh Herbs

Ingredients:

3 cups chopped cantaloupe
1/2 jalapeño, diced
1/4 cup fresh cilantro
1/4 cup fresh basil
1/4 cup fresh mint
1/4 cup fresh lime juice
Salt and black pepper to taste

Directions:

1. In a large bowl, combine all ingredients and mix well.
2. Add salt and black pepper to taste.
3. Enjoy or refrigerate and serve cold.
4. Refrigerate leftovers.

Makes 4 servings. Submitted by Beth Bainbridge,
Stellar Farmers Markets.

Quick Tips

- Blend together melon, non-fat yogurt and fresh herbs for a refreshing smoothie.
- Add melon cubes or melon balls to fruit salads.
- Add melon to a green salad for a sweet burst of flavor.

Kids can:

- Scoop out melon seeds.
- Help choose a ripe melon by smelling it when buying.

甜瓜

- 請挑選有香味、較重且沒有損傷的甜瓜。
- 避免陽光直射，將甜瓜存放於室溫下直到成熟為止，再放入冰箱冷藏。甜瓜成熟時香氣濃烈。將切開的甜瓜放入冰箱。
- 食用前，請清洗表皮、取出種子並切成塊或切片。
- 甜瓜含有鉀，對心臟有益。



甜瓜冷湯

食材：

- 4 杯切碎的甜瓜 (香瓜和蜜瓜)
- 2 杯切碎的蕃茄
- 3 杯切碎的紅椒與青椒
- 1/2 杯切碎的青蔥
- 1/2 個墨西哥胡椒，去籽切碎
- 3 個蒜瓣
- 1/4 杯檸檬汁
- 1 湯匙蔬菜油
- 適量鹽和黑胡椒粉

做法：

1. 將所有食材放入攪拌機或食物處理器中打成漿。
2. 加入鹽和黑胡椒粉調味。
3. 可立即享用或冷藏後享用冷食。
4. 如未食完，冷藏保存。

可做 7 人份。改編自 tastingtable.com。

甜瓜沙拉拌新鮮香草

食材：

- 3 杯切碎的香瓜
- 1/2 個墨西哥辣椒，切丁
- 1/4 杯新鮮香菜
- 1/4 杯新鮮羅勒
- 1/4 杯新鮮薄荷
- 1/4 杯新鮮萊姆汁
- 適量鹽和黑胡椒粉

做法：

1. 將所有食材放入一個大碗中，並攪拌均勻。
2. 加入鹽和黑胡椒粉調味。
3. 可立即享用或冷藏後享用冷食。
4. 如未食完，冷藏保存。

可做 4 人份。Beth Bainbridge 提供 (Stellar Farmers Markets)。

小貼士

- 可將甜瓜、脫脂優格與新鮮香草放入果汁機內，打成清爽冰沙。
- 可將甜瓜塊或甜瓜球加入水果沙拉。
- 可將甜瓜加到蔬菜沙拉中，享受甜滋滋的美味。

孩子們可以：

- 挖出甜瓜籽。
- 在選購時，聞氣味來幫忙選出成熟的甜瓜。

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Just Say Yes to Fruits and Vegetables



Okra

- Choose okra that is smooth, firm and brightly colored with no spots. The skin will have a slightly fuzzy texture.
- Place unwashed, dry okra in a paper bag or other container lined with a paper towel or clean cotton dish towel. Keep in the refrigerator for up to 3 days.
- Before cooking, rinse okra and remove the stems.
- Okra has fiber, which helps to keep you regular.



Stewed Okra, Corn and Tomatoes

Ingredients:

1 tablespoon vegetable oil
1 onion, diced
1 bell pepper, diced
2 garlic cloves, minced
1 teaspoon smoked paprika
4 cups fresh or frozen okra, rinsed
2 cups corn, fresh, frozen or no- or low-sodium canned, drained and rinsed
1 bay leaf
3 cups chopped tomatoes
1/2 cup water or vegetable broth (no- or low-sodium)
Salt and black pepper to taste

Directions:

1. Cut okra into 1/2-inch pieces, removing any stems.
2. In a large pan, heat oil over medium heat. Add the onion and bell pepper and cook for 5 minutes or until soft, stirring occasionally.
3. Add the garlic and smoked paprika and cook for 1 minute.
4. Add the okra, corn and bay leaf. Cook for 3 to 4 minutes, stirring occasionally.
5. Add the tomatoes and water (or vegetable stock or broth), stirring together all ingredients. Cover the pan and reduce the heat to medium-low. Cook for about 10 minutes, or longer for a softer texture, stirring occasionally.
6. Remove the bay leaf, and season with salt and black pepper.
7. Serve and enjoy!
8. Refrigerate leftovers.

Makes 4 servings. Adapted from *B. Smith Cooks Southern-Style* by B. Smith.

Quick Tips

- Substitute fresh okra with frozen okra if fresh okra is unavailable or not in season.
- Use smaller, more tender okra pods in sautés and stir-fries or eat them raw.
- Use larger, tougher okra pods in stews or gumbos.

Kids can:

- Wash and pat okra dry.
- Cut okra with a plastic knife.

秋葵

- 挑選表皮光滑、質地緊實、顏色鮮亮且無斑點的秋葵。其表皮會略帶有絨毛感。
- 將未清洗的乾燥秋葵放入紙袋或其他鋪有紙巾或乾淨棉質洗碗巾的容器中，可在冰箱內存放最長 3 天。
- 烹飪之前，將秋葵清洗乾淨，去除蒂部。
- 秋葵富含膳食纖維，有助於保持排便正常。



秋葵玉米燉番茄

食材：

- 1 湯匙植物油
- 1 個洋蔥，切丁
- 1 個甜椒，切丁
- 2 個蒜瓣，剁碎
- 1 茶匙煙熏甜椒粉
- 4 杯新鮮或冷凍秋葵，洗淨
- 2 杯玉米（新鮮、冷凍或無鈉/低鈉罐裝），洗淨瀝乾
- 1 片月桂葉
- 3 杯切碎的番茄
- 1/2 杯水或蔬菜高湯（無鈉或低鈉）
- 適量鹽和胡椒粉

做法：

1. 秋葵去除蒂部，切成 1/2 英吋的小段。
2. 大鍋中倒入油，中火加熱。加入洋蔥和甜椒，煎炒 5 分鐘或至變軟為止，期間時不時地翻動。
3. 加入大蒜和煙熏甜椒粉，煮 1 分鐘。
4. 加入秋葵、玉米和月桂葉。煮 3 至 4 分鐘，期間不時翻動。
5. 加入番茄和水（或蔬菜高湯），將所有食材攪拌均勻。蓋上鍋蓋，轉中小火。煮約 10 分鐘，若偏好軟爛口感，可延長燉煮時間，期間不時攪拌一下。
6. 取出月桂葉，撒上鹽和黑胡椒粉調味。
7. 裝盤即可享用！
8. 如未食完，冷藏保存。

可做 4 人份。 改編自 B. Smith 的《*B. Smith Cooks Southern-Style*》。

小貼士

- 若買不到新鮮秋葵或不應季，可用冷凍秋葵代替。
- 較小、較嫩的秋葵可用於煎炒和直接生食。
- 較粗、較硬的秋葵可用於燉菜或秋葵濃湯。

孩子們可以：

- 將秋葵洗淨並輕輕拍乾。
- 使用塑料刀切秋葵。

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Just Say Yes to Fruits and Vegetables



Peaches

- Choose peaches with reddish, velvety skin.
- Keep peaches out of direct sunlight and at room temperature until ripe. Refrigerate ripe peaches for up to 5 days.
- Rinse before eating.
- Peaches have vitamin A, which is good for your eyes and skin.



Peach Compote

Ingredients:

4 cups chopped peaches
2 cups chopped nectarines
or plums
2 tablespoons honey
1 teaspoon lemon zest
1 cinnamon stick or 1 teaspoon
ground cinnamon

Directions:

1. In a pot over medium heat, add fruit and honey.
2. Add lemon zest and cinnamon. Stir.
3. Cook until fruit is soft, about 10 to 12 minutes.
4. Serve immediately or refrigerate and enjoy cold.
5. Refrigerate leftovers.

Makes 4 servings. Adapted from
marthastewart.com.

Just Peachy Salsa

Ingredients:

2 cups diced peaches
3/4 cup diced cucumber
1/4 cup finely diced red onion
1/4 cup chopped cilantro
1 jalapeño, seeds removed
and finely diced
2 tablespoons lime juice
Salt and black pepper to taste

Directions:

1. In a medium bowl, combine all ingredients and toss well.
2. Serve or chill and enjoy!
3. Refrigerate leftovers.

Makes 8 servings. Adapted from
vegetariantimes.com.

Quick Tips

- Put peach slices on hot or cold breakfast cereals, waffles or pancakes.
- Chop peaches and add to low-fat yogurt.
- Do not throw away bruised peaches. Slightly damaged fruit can be cooked into a delicious sauce.

Kids can:

- Rinse peaches.
- Add chopped peaches to salsas.

桃子



- 請挑選淡紅色、表皮有細絨毛的桃子。
- 避免陽光直射，將桃子存放於室溫下直到成熟為止。成熟的桃子可冷藏存放最多 5 天。
- 食用前清洗。
- 桃子含有維他命 A，對於眼睛和皮膚健康很有幫助。

糖煮蜜桃

食材：

- 4 杯切碎的桃子
- 2 杯切碎的油桃或李子
- 2 湯匙蜂蜜
- 1 茶匙檸檬皮
- 1 根肉桂條或 1 茶匙肉桂粉

做法：

1. 備鍋，開中火，加入水果和蜂蜜。
2. 加入檸檬皮和肉桂。攪拌。
3. 將水果煮至變軟為止，約需 10 至 12 分鐘。
4. 可立即享用或冷藏後享用冷食。
5. 如未食完，冷藏保存。

可做 4 人份。改編自 marthastewart.com。

蜜桃莎莎醬

食材：

- 2 杯桃子丁
- 3/4 杯黃瓜丁
- 1/4 杯切小丁的紅洋蔥
- 1/4 杯切碎的香菜
- 1 個墨西哥辣椒，去籽切小丁
- 2 湯匙萊姆汁
- 適量鹽和黑胡椒粉

做法：

1. 將所有食材放入一個中碗中，並攪拌均勻。
2. 可立即享用或冷藏後享用！
3. 如未食完，冷藏保存。

可做 8 人份。改編自 vegetariantimes.com。

小貼士

- 可將桃子片放在熱或冷的早餐麥片、格子鬆餅或鬆餅上。
- 可將桃子切碎後加入低脂優格。
- 請勿丟棄損傷的桃子。輕微損傷的水果可以煮成美味的醬汁。

孩子們可以：

- 清洗桃子。
- 將切碎的桃子加入莎莎醬。

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Just Say Yes to Fruits and Vegetables

NYC
Health

Pears

- Choose pears that are slightly soft around the stem and have no bruises.
- Refrigerate for up to 5 days.
- Rinse well before eating.
- Pears have fiber, which helps to keep you regular.



Poached Pears With Cider Sauce

Ingredients:

3 cups apple cider
1 teaspoon cinnamon
2 slices fresh ginger root
4 pears, cored and chopped
1 teaspoon mint leaves (optional)

Directions:

1. In a large pot over medium heat, bring the cider, cinnamon and ginger to a boil.
2. Add the pears and cook for about 15 minutes. Remove pears.
3. Raise heat to high and cook liquid until it thickens.
4. Pour liquid over pears and add mint leaves.
5. Serve and enjoy!
6. Refrigerate leftovers.

Makes 6 servings. Adapted from *The Angelica Home Kitchen* by Leslie McEachern.

Pear Chutney

Ingredients:

4 pears, cored and finely sliced
1 onion, chopped
2 teaspoons honey
1/2 cup white wine vinegar
1 cinnamon stick
1 small bay leaf
Salt and black pepper to taste

Directions:

1. In a large pot, combine all ingredients over medium heat and bring to a boil.
2. Reduce heat to low and cook for 10 minutes or until the pears turn soft and the mixture thickens.
3. Let cool, serve and enjoy!
4. Refrigerate leftovers.

Makes 4 servings. Adapted from **foodandwine.com**.

Quick Tips

- Chop pears and add to a tossed salad.
- Layer pear slices on cheese and crackers.
- Try sliced pears on a peanut butter sandwich.

Kids can:

- Rinse pears.
- Chop pears with a plastic knife.

梨子

- 請挑選葉柄四周略軟且沒有碰傷的梨子。
- 可冷藏存放最多 5 天。
- 食用前清洗乾淨。
- 梨子含有纖維，有助於保持規律的排便。



蘋果西打醬水煮梨

食材：

- 3 杯蘋果西打
- 1 茶匙肉桂
- 2 片鮮薑根
- 4 個梨子，去核切碎
- 1 茶匙薄荷葉 (可以不加)

做法：

1. 備大鍋，開中火，將蘋果西打、肉桂和薑煮至沸騰。
2. 加入梨子煮大約 15 分鐘。取出梨子。
3. 轉至大火，然後將湯汁煮至變濃為止。
4. 將湯汁倒在梨子上，並加上薄荷葉。
5. 裝盤即可享用！
6. 如未食完，冷藏保存。

可做 **6 人份**。改編自 Leslie McEachern 所著的「*The Angelica Home Kitchen*」。

香梨甜酸醬

食材：

- 4 個梨子，去核並切成細片
- 1 顆洋蔥，切碎
- 2 茶匙蜂蜜
- 1/2 杯白葡萄酒醋
- 1 根肉桂條
- 1 片小月桂葉
- 適量鹽和黑胡椒粉

做法：

1. 備大鍋，開中火，將所有食材放入並煮至沸騰。
2. 轉至小火，然後煮 10 分鐘或是煮至梨子變軟以及混合料變濃為止。
3. 等到冷卻後即可享用！
4. 如未食完，冷藏保存。

可做 **4 人份**。改編自 **foodandwine.com**。

小貼士

- 將梨子切碎，然後加入拌沙拉。
- 將梨子片堆在起司和餅乾上。
- 可以試試在花生醬三明治中加入梨子片。

孩子們可以：

- 清洗梨子。
- 用塑膠刀將梨子切片。

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Just Say Yes to Fruits and Vegetables

NYC
Health

Peppers

- Choose firm peppers with no soft spots.
- Refrigerate peppers for up to 10 days.
- Before eating, rinse and remove the stem, core and seeds.
- Peppers have vitamin C, which is good for fighting colds and healing cuts.



Bell Pepper and White Bean Salad

Ingredients:

3 cups chopped arugula or spinach leaves
1 cup chopped red bell pepper
1/3 cup sliced red onion
1 1/2 cups cooked or 1 can (15 1/2 ounces) white beans, rinsed and drained
1 1/2 tablespoons balsamic vinegar, or other vinegar
1 tablespoon vegetable oil
1 garlic clove, minced
Salt and black pepper to taste

Directions:

1. In a large bowl, combine arugula (or spinach), peppers, red onion and white beans.
2. To make dressing, mix vinegar, oil, garlic, salt and black pepper in a small bowl.
3. Pour dressing over salad and mix well.
4. Serve and enjoy!
5. Refrigerate leftovers.

Makes 6 servings. Adapted from **cookinglight.com**.

Pepper and Tomato Stew

Ingredients:

1 tablespoon vegetable oil
1 cup chopped onion
3 garlic cloves, sliced
5 cups chopped tomatoes
5 cups chopped yellow and red bell peppers
2 teaspoons paprika
1/4 teaspoon red pepper flakes (optional)
Salt and black pepper to taste

Directions:

1. In a large pot, heat oil over medium heat.
2. Add onion and garlic and cook until soft, about 5 minutes. Stir often.
3. Add tomatoes, peppers, paprika and red pepper flakes, and stir. Cook until peppers are soft, about 20 minutes.
4. Serve hot and enjoy!
5. Refrigerate leftovers.

Makes 6 servings. Adapted from *Vegetarian Cooking for Everyone* by Deborah Madison.

Quick Tips

- Peppers can be eaten raw. Cut into strips and eat plain or with a low-fat dip.
- To roast peppers, place in a dry pan and cook over medium-high heat until skins darken. Place in a covered bowl for 5 minutes. Remove seeds and chop.
- Add chopped peppers to pasta sauce or rice dishes.

Kids can:

- Rinse peppers before using.
- Help remove the seeds with a spoon.

甜椒



- 請挑選沒有軟點的結實甜椒。
- 可冷藏存放最長 10 天。
- 食用前，請清洗乾淨，並去除莖、核和籽。
- 甜椒含有維他命 C，對於預防感冒和傷口癒合很有助益。

甜椒白豆沙拉

食材：

- 3 杯切碎的芝麻菜或菠菜葉
- 1 杯切碎的紅椒
- 1/3 杯切片紅洋蔥
- 1 1/2 杯煮熟或 1 罐 (15.5 盎司) 白豆，洗淨瀝乾
- 1 1/2 湯匙香醋或其他類型的醋
- 1 湯匙蔬菜油
- 1 個蒜瓣，剁碎
- 適量鹽和黑胡椒粉

做法：

1. 將芝麻菜 (或菠菜)、甜椒、紅洋蔥和白豆放在一個大碗中。
2. 要製作調味料，可在小碗中加入醋、油、大蒜、鹽和黑胡椒粉。
3. 將調味料倒在沙拉上，然後攪拌均勻。
4. 裝盤即可享用！
5. 如未食完，冷藏保存。

可做 6 人份。改編自 cookinglight.com。

甜椒燉蕃茄

食材：

- 1 湯匙蔬菜油
- 1 杯切碎的洋蔥
- 3 個蒜瓣，切片
- 5 杯切碎的蕃茄
- 5 杯切碎的黃椒與紅椒
- 2 茶匙甜椒粉
- 1/4 茶匙乾紅辣椒碎 (可以不加)
- 適量鹽和黑胡椒粉

做法：

1. 備大鍋，開中火，將鍋中油加熱。
2. 加入洋蔥與大蒜煮至軟爛，約需 5 分鐘。期間不時攪拌。
3. 加入蕃茄、甜椒、甜椒粉與乾紅辣椒碎攪拌。烹煮甜椒直到變軟為止，約需 20 分鐘。
4. 趁熱裝盤享用！
5. 如未食完，冷藏保存。

可做 6 人份。改編自 Deborah Madison 所著的「*Vegetarian Cooking for Everyone*」。

小貼士

- 甜椒可以生吃。將甜椒切成長條，直接吃或蘸上低脂調味汁享用。
- 若要炙烤甜椒，請將其放入乾烤盤中，並以中高火烤到表皮顏色變深。將其放入有蓋的碗靜置 5 分鐘。去籽切碎。
- 將切碎的甜椒加入義大利麵醬或是米飯料理中。

孩子們可以：

- 製備前清洗甜椒。
- 用湯匙幫忙去籽。

Plums

- Choose plums that are slightly soft to the touch.
- Store unripe plums on the counter at room temperature.
Store ripe plums in the refrigerator for several days.
- Plums are sweeter and juicier at room temperature.
- Plums have vitamin K, which helps to heal cuts and build bones.



Spiced Plums

Ingredients:

6 black or red plums, chopped
1 tablespoon honey
3/4 teaspoon cinnamon
1/2 teaspoon allspice (optional)

Directions:

1. In a medium pot over high heat combine plums, honey, cinnamon and allspice.
2. Bring to a boil, then reduce heat and cover. Cook for 10 minutes, stirring often.
3. Remove cover and cook 5 more minutes, or until plums thicken.
4. Serve and enjoy!
5. Refrigerate leftovers.

Makes 6 servings. Adapted from theveggieclub.wordpress.com.

Plum Cucumber Salad

Ingredients:

6 black or red plums, diced
1 1/2 cups diced cucumbers
1/2 red onion, diced
1 red bell pepper, diced
1/4 cup chopped cilantro (optional)
2 tablespoons balsamic vinegar, or other vinegar
1 tablespoon vegetable oil
Salt and black pepper to taste

Directions:

1. In a large bowl, combine plums, cucumber, onion, bell pepper and cilantro.
2. To make dressing, whisk vinegar, oil, salt and black pepper in a small bowl.
3. Add dressing to the large bowl and toss well.
4. Serve and enjoy!
5. Refrigerate leftovers.

Makes 6 servings. Adapted from finecooking.com.

Quick Tips

- Different types of plums can be used in place of another in recipes. Try new colors and shapes!
- Plums can be frozen. Rinse, dry and remove the pit before freezing.
- Do not let bruised plums go to waste! Add them to a blender along with banana and yogurt for a delicious smoothie.

Kids can:

- Rinse plums before using and eating.
- Help shop for different kinds of plums at the market.

李子



- 請挑選碰觸時感覺稍軟的李子。
- 將未熟的李子放在櫃檯上，於室溫下存放。將成熟的李子放入冰箱中存放數天。
- 室溫下的李子比較甜、比較多汁。
- 李子含有維生素 K，對於傷口癒合和強健骨骼很有助益。

五香李果

食材：

- 6 個黑李或紅李，切碎
- 1 湯匙蜂蜜
- 3/4 茶匙肉桂
- 1/2 茶匙多香果粉 (可以不加)

做法：

1. 備中型鍋，開大火，加入李子、蜂蜜、肉桂和多香果粉。
2. 煮至沸騰，然後轉至小火並蓋上鍋蓋。烹煮 10 分鐘，並不時攪拌。
3. 打開鍋蓋後繼續煮 5 分鐘或是煮到李子變濃稠為止。
4. 裝盤即可享用！
5. 如未食完，冷藏保存。

可做 6 人份。改編自 theveggieclub.wordpress.com。

李子黃瓜沙拉

食材：

- 6 個黑李或紅李，切丁
- 1 1/2 杯黃瓜丁
- 1/2 顆紅洋蔥，切丁
- 1 個紅椒，切丁
- 1/4 杯切碎的香菜葉 (可以不加)
- 2 湯匙香醋或其他類型的醋
- 1 湯匙蔬菜油
- 適量鹽和黑胡椒粉

做法：

1. 在一個大碗中放入李子、黃瓜、洋蔥、甜椒和香菜。
2. 要製作調味料，可在小碗中加入醋、油、鹽和黑胡椒粉。
3. 將調味料倒入大碗中，然後充分攪拌。
4. 裝盤即可享用！
5. 如未食完，冷藏保存。

可做 6 人份。改編自 finecooking.com。

小貼士

- 不同種類李子都可以在食譜中彼此替代。嘗試新的色彩與形狀！
- 李子可以直接冷凍。在冷凍之前，先清洗、擦乾並去核。
- 請勿將損傷的李子丟到垃圾桶中！將其與香蕉及優格放入攪拌機中，做成美味的冰沙。

孩子們可以：

- 在製備與食用之前清洗李子。
- 協助選購市場上不同種類李子。

如需健康飲食貼士，請在我們的 Facebook 粉絲專頁 (facebook.com/eatinghealthynyc) 按讚。如需有關 Stellar Farmers Markets 的詳細資訊，請造訪 nyc.gov/health/farmersmarkets。如需瞭解更多絕佳食譜，請造訪 jsyfruitveggies.org。本資料由美國農業部 (United States Department of Agriculture, USDA) 的補充營養援助計畫 (Supplemental Nutrition Assistance Program, SNAP) 贊助。

Just Say Yes to Fruits and Vegetables

NYC
Health

Potatoes

- Choose potatoes that are firm and have no green spots.
- Store potatoes and onions separately in a cool, dry place for up to 2 weeks to keep fresh.
- If using older potatoes, trim away any discolored or bruised areas before cooking.
- Eat the potato skin for more fiber and potassium. Scrub and rinse well before preparing.
- Potatoes have potassium, which is good for your heart.



Smashed Potatoes With Kale

Ingredients:

1 tablespoon vegetable oil
5 garlic cloves, minced
6 cups diced potatoes
6 cups diced kale
3 tablespoons chopped
scallions, whites and greens
1/4 teaspoon red pepper flakes
Salt and black pepper to taste

Directions:

1. In a large frying pan, heat oil over medium heat.
2. Add garlic and scallion whites. Cook for 2 minutes, stirring often.
3. Add potatoes and cook for 5 minutes.
4. Add kale and cook for 5 more minutes.
5. Add 1 cup of water, cover and cook 5 more minutes.
6. Mash potatoes and kale until smooth.
7. Add scallion greens, red pepper flakes, salt and black pepper to taste.
8. Serve hot and enjoy!
9. Refrigerate leftovers.

Makes 8 servings. Submitted by Beth Bainbridge, Stellar Farmers Markets.

Pan-Roasted Potatoes

Ingredients:

2 tablespoons vegetable oil
1/2 teaspoon salt
4 to 5 potatoes, cut into even pieces
1 tablespoon fresh basil,
thyme, parsley or oregano,
minced (optional)

Directions:

1. In a large frying pan, heat oil and salt over medium-high heat. Add potatoes in a single layer, cut side down.
2. Cook for 10 minutes, uncovered. Do not stir!
3. When potatoes turn brown, turn heat to low, cover and cook until potatoes are soft, about 15 minutes.
4. Add fresh herbs and toss to mix.
5. Serve hot and enjoy!
6. Refrigerate leftovers.

Makes 5 servings. Adapted from **food52.com**.

Quick Tips

- Add potatoes to a soup or stew.
- Cover raw, cut potatoes completely with cold water to keep from turning brown. Store in the refrigerator and use within 24 hours.

Kids can:

- Choose potatoes that are smooth, with no sprouts.

馬鈴薯

- 請挑選結實、表皮沒有發綠芽的馬鈴薯。
- 馬鈴薯和洋蔥應分開置於陰涼乾燥處，可保鮮最長 2 週。
- 若使用存放較久的馬鈴薯，烹飪前需切除變色或碰傷的部分。
- 吃馬鈴薯皮可攝入更多膳食纖維和鉀。備餐之前，要認真擦洗並徹底沖洗乾淨。
- 馬鈴薯含有鉀，對心臟有益。



羽衣甘藍馬鈴薯泥

食材：

- 1 湯匙蔬菜油
- 5 個蒜瓣，剁碎
- 6 杯馬鈴薯丁
- 6 杯羽衣甘藍丁
- 3 湯匙切碎的青蔥，綠白蔥段分開放
- 1/4 茶匙乾紅辣椒碎
- 適量鹽和黑胡椒粉

做法：

1. 在大炒鍋中，以中火將油加熱。
2. 加入大蒜和白蔥段，然後煮 2 分鐘，並不時攪拌。
3. 加入馬鈴薯，然後煮 5 分鐘。
4. 加入羽衣甘藍，然後再煮 5 分鐘。
5. 加入 1 杯水，蓋上鍋蓋，然後再煮 5 分鐘。
6. 將馬鈴薯和羽衣甘藍搗碎，直到均勻混合為止。
7. 加入綠蔥段、乾紅辣椒碎、鹽以及黑胡椒粉調味。
8. 趁熱裝盤享用！
9. 如未食完，冷藏保存。

可做 8 人份。Beth Bainbridge 提供
(Stellar Farmers Markets)。

鍋烤馬鈴薯

食材：

- 2 湯匙蔬菜油
- 1/2 茶匙鹽
- 4 至 5 顆馬鈴薯，均勻切塊
- 1 湯匙新鮮羅勒、百里香、歐芹或牛至，剁碎 (可以不加)

做法：

1. 在大炒鍋中，以中大火將油和鹽加熱。鋪一層馬鈴薯，使切面朝下。
2. 烹煮 10 分鐘 (不加鍋蓋)。不要攪拌！
3. 在馬鈴薯變成金黃色時，轉至小火，蓋上鍋蓋，煮到馬鈴薯熟軟為止，約需 15 分鐘。
4. 加入新鮮香草，充分混合。
5. 趁熱裝盤享用！
6. 如未食完，冷藏保存。

可做 5 人份。改編自 **food52.com**。

小貼士

- 在湯品或是燉菜中加入馬鈴薯。
- 將切好的生馬鈴薯全部浸泡在冷水中，以免變色。將馬鈴薯存放在冰箱中，並於 24 小時內烹煮食用。

孩子們可以：

- 挑選表皮光滑、芽眼較少的馬鈴薯。

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Just Say Yes to Fruits and Vegetables



Potatoes

- Choose potatoes that are firm and have no green spots.
- Store potatoes and onions separately in a cool, dry place for up to 2 weeks to keep fresh.
- If using older potatoes, trim away any discolored or bruised areas before cooking.
- Eat the potato skin for more fiber and potassium. Scrub and rinse well before preparing.
- Potatoes have potassium, which is good for your heart.



Five-Spice Potato, Carrot and Cabbage (Shobi Bhaji)

Ingredients:

- 1 tablespoon vegetable oil
- 1 teaspoon panch phoron
(see Spice Blends for recipe
or use store-bought)
- 1 onion, diced
- 1/2 teaspoon salt
- 1 teaspoon cumin
- 1/2 teaspoon turmeric
- 3 cups sliced carrots
- 3 cups shredded cabbage
- 3 cups diced potatoes
- 3 green chilies, seeded and diced
- 1/4 cup chopped cilantro

Directions:

1. In a large pan, heat oil over medium heat.
2. Add the panch phoron and cook until the seeds begin to pop, about 30 seconds.
3. Add the onion and salt and cook until soft, about 5 minutes, stirring often.
4. Add the cumin and turmeric and cook for 1 minute, stirring often.
5. Add the carrots, cabbage and potatoes and stir. Cover and reduce the heat to medium-low. Simmer for 10 minutes or until soft.
6. Add the green chilies along with 1/2 cup of water and stir. Cover the pan and cook until soft, about 5 to 10 minutes. If the mixture appears dry, add water as needed.
7. Remove from heat and stir in the cilantro.
8. Serve hot and enjoy!
9. Refrigerate leftovers.

Makes 6 servings. Adapted from *Made in Bangladesh* by Dina Begum.

Quick Tips

- Add potatoes to a soup or stew.
- Cover raw, cut potatoes completely with cold water to keep from turning brown. Store in the refrigerator and use within 24 hours.

Kids can:

- Choose potatoes that are smooth, with no sprouts.

馬鈴薯

- 請挑選結實、表皮沒有發綠芽的馬鈴薯。
- 馬鈴薯和洋蔥應分開置於陰涼乾燥處，可保鮮最長 2 週。
- 若使用存放較久的馬鈴薯，烹飪前需切除變色或碰傷的部分。
- 吃馬鈴薯皮可攝入更多膳食纖維和鉀。備餐之前，要認真擦洗並徹底沖洗乾淨。
- 馬鈴薯含有鉀，對心臟有益。



五香馬鈴薯胡蘿蔔高麗菜 (Shobi Bhaji)

食材：

- 1 湯匙植物油
- 1 茶匙 panch phoron (配方詳見「香料混合調料」或使用從商店購買的調料)
- 1 個洋蔥，切丁
- 1/2 茶匙鹽
- 1 茶匙小茴香粉
- 1/2 茶匙薑黃粉
- 3 杯切片的胡蘿蔔
- 3 杯切碎的高麗菜
- 3 杯切丁的馬鈴薯
- 3 個綠辣椒，去籽切丁
- 1/4 杯切碎的香菜

做法：

1. 大鍋中倒入油，中火加熱。
2. 加入 panch phoron，炒至香料籽開始迸裂，大約 30 秒。
3. 加入洋蔥和鹽，炒至變軟為止，大約 5 分鐘，期間不斷翻炒。
4. 加入小茴香粉和薑黃粉，炒 1 分鐘，期間不斷翻炒。
5. 加入胡蘿蔔、高麗菜和馬鈴薯，繼續翻炒。蓋上鍋蓋，轉中小火。燉 10 分鐘或至變軟為止。
6. 加入綠辣椒和 1/2 杯水，然後攪拌。蓋上鍋蓋，煮至變軟為止，時間約 5 至 10 分鐘。若太乾可酌量加水。
7. 起鍋，加入香菜攪拌。
8. 裝盤趁熱享用！
9. 如未食完，冷藏保存。

可做 6 人份。 改編自 Dina Begum 的《*Made in Bangladesh*》。

小貼士

- 在湯品或是燉菜中加入馬鈴薯。
- 將切好的生馬鈴薯全部浸泡在冷水中，以免變色。將馬鈴薯存放在冰箱中，並於 24 小時內烹煮食用。

孩子們可以：

- 挑選表皮光滑、芽眼較少的馬鈴薯。

如需健康飲食貼士，請在我們的 Facebook 粉絲專頁 (facebook.com/eatinghealthynyc) 按讚。如需有關 Stellar Farmers Markets 的詳細資訊，請造訪 nyc.gov/health/farmersmarkets。如需瞭解更多絕佳食譜，請造訪 jsyfruitveggies.org。本資料由美國農業部 (United States Department of Agriculture, USDA) 的補充營養援助計畫 (Supplemental Nutrition Assistance Program, SNAP) 贊助。

Just Say Yes to Fruits and Vegetables



Pumpkin

- Choose pumpkins with bright orange skin and no spots.
- Store in a cool, dry place for up to 1 month.
- Before cooking, rinse, cut in half, remove seeds and cut into small pieces. Boil or roast until pieces are tender, about 10 to 20 minutes.
- Pumpkin has vitamin A, which is good for your eyes and skin.



Curried Pumpkin and Potato

Ingredients:

1 tablespoon vegetable oil
1 onion, sliced
1 garlic clove, chopped
2 1/2 teaspoons curry powder
1 pumpkin or any winter squash, chopped
2 potatoes, chopped
3/4 cup raisins
Salt and black pepper to taste
Chopped fresh cilantro, to taste (optional)

Directions:

1. In a medium pot, heat oil over medium heat.
2. Add onion and cook for 5 minutes. Add garlic and cook for 1 more minute.
3. Add curry powder, pumpkin, potatoes, salt and black pepper. Cook for 5 minutes, stirring often.
4. Add 1 1/2 cups of water and raisins. Cover and cook until the pumpkin and potatoes are soft, 5 to 10 minutes.
5. Add cilantro. Serve and enjoy!
6. Refrigerate leftovers.

Makes 6 servings. Adapted from **countryliving.com**.

Pumpkin Sage Soup

Ingredients:

1 tablespoon vegetable oil
2 cups chopped onion
2 tablespoons chopped parsley
2 tablespoons chopped sage
4 cups diced pumpkin
3 garlic cloves
Salt and black pepper to taste

Directions:

1. In a large pot, heat over medium heat.
2. Add onion, parsley and sage and cook until onion is soft, about 6 to 8 minutes. Stir often.
3. Add pumpkin and garlic and cook 2 minutes.
4. Add 3 cups of water. Cover and cook until pumpkin is tender, about 12 to 15 minutes.
5. Puree in a blender, adding extra water as needed. Add salt and black pepper to taste.
6. Return to pot to reheat or enjoy at room temperature.
7. Refrigerate leftovers.

Makes 6 servings. Adapted from **bonappetit.com**.

Quick Tips

- Puree cooked pumpkin and add to pancake batter.
- Scoop out seeds from the pumpkin and rinse. Salt seeds lightly and bake at 350 degrees Fahrenheit for 15 minutes.
- Pumpkin is a type of winter squash. Any type of winter squash can be used in place of another.

Kids can:

- Scoop out and rinse pumpkin seeds for baking.
- Measure and add ingredients to recipes.

南瓜



- 請挑選有明亮橘色外皮且沒有斑點的南瓜。
- 可將南瓜存放在陰涼、乾燥的地方最多 1 個月。
- 烹煮前，請洗淨切半，接著去籽後再切成小塊。水煮或烘烤，直到南瓜塊變軟為止，約需 10 至 20 分鐘。
- 南瓜含有維他命 A，對於眼睛和皮膚健康很有幫助。

咖哩南瓜和馬鈴薯

食材：

- 1 湯匙蔬菜油
- 1 顆洋蔥，切片
- 1 個蒜瓣，切碎
- 2 1/2 茶匙咖哩粉
- 1 顆南瓜或任何冬南瓜，切碎
- 2 個馬鈴薯，切碎
- 3/4 杯葡萄乾
- 適量鹽和黑胡椒粉
- 切碎的新鮮香菜 (用於調味，
可以不加)

做法：

1. 備中鍋，開中火，將鍋中油加熱。
2. 加入洋蔥炒 5 分鐘。加入大蒜，然後再煮 1 分鐘。
3. 加入咖哩粉、南瓜、馬鈴薯、鹽與黑胡椒粉。烹煮 5 分鐘，並不時攪拌。
4. 加入 1 1/2 杯水與葡萄乾。蓋上鍋蓋，煮到南瓜與馬鈴薯熟軟，需 5 至 10 分鐘。
5. 加入香菜。裝盤即可享用！
6. 如未食完，冷藏保存。

可做 6 人份。改編自 countryliving.com。

南瓜鼠尾草湯

食材：

- 1 湯匙蔬菜油
- 2 杯切碎的洋蔥
- 2 湯匙切碎的歐芹
- 2 湯匙切碎的鼠尾草
- 4 杯南瓜丁或葫蘆南瓜丁
- 3 個蒜瓣
- 適量鹽和黑胡椒粉

做法：

1. 備大鍋，開中火。
2. 加入洋蔥、歐芹和鼠尾草，然後烹煮到洋蔥變軟為止，約需 6 至 8 分鐘。期間不時攪拌。
3. 加入南瓜和大蒜，然後煮 2 分鐘。
4. 加入 3 杯水。蓋上鍋蓋，烹煮到南瓜熟軟為止，約需 12 至 15 分鐘。
5. 在攪拌機中打碎，可視需要加水。
加入鹽和黑胡椒粉調味。
6. 放入鍋中重新加熱或是在室溫下享用。
7. 將剩餘的部分冷藏。

可做 6 人份。改編自 bonappetit.com。

小貼士

- 將煮熟的南瓜打成泥，加入鬆餅糊。
- 將南瓜籽挖出並清洗乾淨。加上薄鹽並以華氏 350 度烘烤 15 分鐘。
- 南瓜是一種冬南瓜。各種冬南瓜都可以彼此替代。

孩子們可以：

- 挖出南瓜籽並清洗乾淨，以備烘烤。
- 計算份量並加入食譜中。

如需健康飲食貼士，請在我們的 Facebook 粉絲專頁 (facebook.com/eatinghealthynyc) 按讚。如需有關 Stellar Farmers Markets 的詳細資訊，請造訪 nyc.gov/health/farmersmarkets。如需瞭解更多絕佳食譜，請造訪 jsyfruitveggies.org。本資料由美國農業部 (United States Department of Agriculture, USDA) 的補充營養援助計畫 (Supplemental Nutrition Assistance Program, SNAP) 贊助。

Just Say Yes to Fruits and Vegetables

NYC
Health

Radishes

- Choose firm radishes with smooth skins and no bruises. If the greens are attached, they should not be wilted.
- Remove greens and store unwashed radishes in the refrigerator for up to 2 weeks. Refrigerate radish greens in a damp paper towel for up to 3 days.
- Radishes and radish greens can be eaten raw or cooked.
- Radishes have vitamin C, which is good for fighting colds and healing cuts.



Radish Stir-Fry With Sugar Snap Peas

Ingredients:

1 tablespoon vegetable oil
1/2 cup diced shallots
3 cups chopped sugar snap peas
2 cups sliced radishes
1/4 cup orange juice
2 tablespoons chopped fresh dill
Salt and black pepper to taste

Directions:

1. In a large pan, heat oil over medium heat.
2. Add shallots and cook until soft, about 3 minutes.
3. Add snap peas and cook 3 minutes. Add radishes and cook 3 more minutes. Stir.
4. Add orange juice and dill.
5. Add salt and black pepper to taste.
6. Mix well. Serve and enjoy!
7. Refrigerate leftovers.

Makes 4 servings. Adapted from **smittenkitchen.com**.

Rita's Pickled Radishes

Ingredients:

2 cups thinly sliced radishes
1/2 teaspoon salt
1 tablespoon honey
1 cup lime juice (4 limes)
1 tablespoon chopped mint
or cilantro (optional)

Directions:

1. In a small bowl, sprinkle sliced radishes with salt. Set aside.
2. To make dressing, combine honey, lime juice and herbs (if using) in a small bowl and mix.
3. Pour dressing over radishes.
4. Cover and set aside at room temperature for 20 to 30 minutes.
5. Drain liquid before serving.
6. Enjoy or refrigerate and serve cold!
7. Refrigerate leftovers.

Makes 8 servings. Submitted by Rita Khatun, Stellar Farmers Markets .

Quick Tips

- Radishes can be boiled, baked, steamed or roasted.
- Combine grated radishes and zucchini with lime juice to make a delicious slaw for tacos.
- 1 bunch of radishes gives you about 2 1/2 cups of sliced radishes.

Kids can:

- Break off radish greens.
- Scrub radishes before preparing.

櫻桃蘿蔔

- 請挑選結實、外皮光滑且沒有損傷的櫻桃蘿蔔。如帶葉子，則確保葉子未枯萎。
- 請摘下蘿蔔葉，並將未洗過的櫻桃蘿蔔放入冰箱中冷藏存放最多 2 週。將蘿蔔葉包在濕紙巾中冷藏存放最長 3 天。
- 櫻桃蘿蔔蘿蔔和蘿蔔葉可以生吃或是煮熟後食用。
- 櫻桃蘿蔔蘿蔔含有維他命 C，對於預防感冒和傷口癒合很有助益。



櫻桃蘿蔔炒甜豆

食材：

- 1 湯匙蔬菜油
- 1/2 杯紅蔥丁
- 3 杯切碎的甜豆
- 2 杯櫻桃蘿蔔片
- 1/4 杯柳橙汁
- 2 湯匙切碎的新鮮蒔蘿
- 適量鹽和黑胡椒粉

做法：

1. 在大鍋中，以中火將油加熱。
2. 加入紅蔥煮至軟爛，約需 3 分鐘。
3. 加入甜豆，然後煮 3 分鐘。加入蘿蔔，然後再煮 3 分鐘。攪拌。
4. 加入柳橙汁與蒔蘿。
5. 加入鹽和黑胡椒粉調味。
6. 攪拌均勻。裝盤即可享用！
7. 如未食完，冷藏保存。

可做 4 人份。改編自 smittenkitchen.com。

Rita 醃漬櫻桃蘿蔔

食材：

- 2 杯切薄片的櫻桃蘿蔔
- 1/2 茶匙鹽
- 1 湯匙蜂蜜
- 1 杯萊姆汁 (4 顆萊姆)
- 1 湯匙切碎的薄荷或香菜 (可以不加)

做法：

1. 備小碗，將鹽撒在蘿蔔片上。放在旁邊。
2. 要製作調味料，可將蜂蜜、萊姆汁與香草 (若有使用) 放入小碗中拌勻。
3. 在蘿蔔上倒上調味料。
4. 蓋上鍋蓋，然後在室溫下放置 20 至 30 分鐘。
5. 食用前將水份瀝乾。
6. 可立即享用或冷藏後享用！
7. 如未食完，冷藏保存。

可做 8 人份。Rita Khatun 提供 (Stellar Farmers Markets)。

小貼士

- 櫻桃蘿蔔可以採用煮、烘焙、蒸或燒烤等料理方式。
- 將刨絲的櫻桃蘿蔔和櫛瓜與萊姆汁混合，製作成美味的墨西哥卷餅沙拉。
- 一捆蘿蔔可製作成約 2 1/2 杯蘿蔔片。

孩子們可以：

- 摘下蘿蔔葉。
- 在準備前刷洗蘿蔔。

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Just Say Yes to Fruits and Vegetables

NYC
Health

Red Beans

- Before cooking dried beans, remove pebbles and any shriveled beans. Soak for at least 8 hours.
- For a quicker prep time, cover dried beans in cold water and bring to a boil. Turn off heat and allow beans to soak for 1 to 2 hours. Drain, rinse and cover with fresh water. Simmer for 1 to 2 hours, or until soft.
- Beans are an affordable source of protein and fiber.
- Kidney beans or pink beans can be substituted for red beans.



Habichuelas Criollas (Bean Stew)

Ingredients:

1 tablespoon vegetable oil
1 tablespoon sofrito seasoning
(see Spice Blends for recipe
or use store-bought)
1 1/2 cups cooked or 1 can
(15.5 ounces) red beans,
drained and rinsed
4 tablespoons tomato paste
1 1/2 teaspoons sazón seasoning
(see Spice Blends for recipe
or use store-bought)
1 1/2 teaspoons adobo seasoning
(see Spice Blends for recipe
or use store-bought)
1/2 teaspoon garlic powder
3 cups water
1 cup diced pumpkin or a small
winter squash
1 small potato, diced
1 tablespoon chopped green olives
1 bay leaf
1/4 cup chopped fresh cilantro
Salt and black pepper to taste

Directions:

1. In a medium pot, heat the oil over low heat.
2. Add the sofrito and cook for 2 minutes.
3. Add the beans, tomato paste, sazón, adobo, garlic powder and water, and stir. Increase the heat to medium. Cook for 5 minutes.
4. Add the pumpkin, potato, olives and bay leaf. Increase the heat to high and bring the mixture to a boil.
5. Reduce the heat to low. Cover the pan and simmer for about 20 minutes until the pumpkin is cooked, adding more water if needed.
6. Remove from heat, add the cilantro and season with salt and black pepper to taste.
7. Serve warm and enjoy!
8. Refrigerate any leftovers.

Makes 6 servings. Adapted from *Vegan Boricua Cookbook* by Rhonitta Chance.

Quick Tips

- 1 pound of dried beans (2 cups) equals 5 to 6 cups of cooked beans.
- Canned beans can replace cooked or dried beans in any recipe.
- Dried beans can be kept in an airtight container for up to 1 year.

Kids can:

- Help sort through dried beans before soaking.
- Help mash beans with a fork.

紅豆

- 在烹煮乾豆之前，先將小石子和乾癟的豆子挑出來。浸泡至少 8 小時。
- 如果想縮短準備時間，可用冷水煮沸乾豆。關火，讓豆子浸泡 1 至 2 小時。瀝乾，沖洗並加入清水。燉煮 1 至 2 小時，或煮到豆子變軟。
- 豆類是經濟實惠的蛋白質和纖維來源。
- 可用紅腰豆或粉色豆代替紅豆。



Habichuelas Criollas (燉豆)

食材：

- 1 湯匙植物油
- 1 湯匙 Sofrito 調味料（配方詳見「香料混合調料」或使用從商店購買的調料）
- 1 1/2 杯熟紅豆或 1 罐（15.5 盎司）生紅豆，瀝乾並洗淨
- 4 湯匙番茄醬
- 1 1/2 茶匙 Sazón 調味料（配方詳見「香料混合調料」或使用從商店購買的調料）
- 1 1/2 茶匙 Adobo 調味料（配方詳見「香料混合調料」或使用從商店購買的調料）
- 1/2 茶匙大蒜粉
- 3 杯水
- 1 杯南瓜丁或小冬瓜丁
- 1 個小土豆，切丁
- 1 湯匙綠橄欖菜末
- 1 片月桂葉
- 1/4 杯新鮮香菜末
- 適量的鹽和黑胡椒粉

做法：

1. 在中號鍋裡倒入油，小火加熱。
2. 加入 Sofrito 調味料，炒 2 分鐘。
3. 加入豆子、番茄醬、sazón、adobo、大蒜粉和水，然後翻炒。轉中火。煮 5 分鐘。
4. 加入南瓜、土豆、橄欖和月桂葉。轉大火，將混合物煮沸。
5. 轉小火。蓋上鍋蓋，燉煮約 20 分鐘，直到南瓜煮熟，如果需要的話，可以多加一些水。
6. 起鍋，撒上香菜、適量的鹽和黑胡椒粉。
7. 裝盤趁熱享用！
8. 如未食完，冷藏保存。

可做 6 人份。改編自 Rhonitta Chance 的《Vegan Boricua Cookbook》。

小貼士

- 1 磅乾豆（2 杯），相當於 5 到 6 杯熟豆。
- 罐裝豆可以代替任何食譜中的熟豆或乾豆。
- 乾豆可以放在密封容器中保存 1 年。

孩子們可以：

- 幫忙將乾豆挑出來，然後浸泡。
- 幫忙用刀叉搗碎豆子。

Red Beans

- Before cooking dried beans, remove pebbles and any shriveled beans. Soak for at least 8 hours.
- For a quicker prep time, cover dried beans in cold water and bring to a boil. Turn off heat and allow beans to soak for 1 to 2 hours. Drain, rinse and cover with fresh water. Simmer for 1 to 2 hours, or until soft.
- Beans are an affordable source of protein and fiber.
- Kidney beans or pink beans can be substituted for red beans.



Louisiana Red Beans

Ingredients:

1 tablespoon vegetable oil
1/2 cup diced onion
1/2 cup diced bell pepper
1/4 cup diced celery
2 garlic cloves, minced
1 1/2 cups cooked or 1 can
(15 1/2 ounces) of red kidney
beans, drained and rinsed
(no- or low-sodium)
1 teaspoon smoked paprika
1/2 teaspoon dried thyme
1/2 teaspoon dried oregano
1/2 teaspoon black pepper
1 bay leaf
2 cups water or vegetable broth
(no- or low-sodium)
Salt to taste

Directions:

1. In a large pan, heat oil over medium heat.
2. Add the onion, bell pepper and celery and cook until soft, about 5 minutes, stirring often.
3. Add the garlic and cook for 1 minute.
4. Add the red kidney beans, herbs, spices, and water or vegetable broth. Cover pan, increase the heat to high and bring to a boil.
5. Remove cover, reduce heat to medium-low, and simmer for 15 minutes or until liquid starts to thicken.
6. Add salt to taste.
7. Serve and enjoy!
8. Refrigerate leftovers.

Makes 4 servings. Adapted from *The Dooky Chase Cookbook* by Leah Chase and *Instant Pot Vegan Soul Food Cookbook* by Ashlee Lewis.

Quick Tips

- 1 pound of dried beans (2 cups) equals 5 to 6 cups of cooked beans.
- Canned beans can replace cooked or dried beans in any recipe.
- Dried beans can be kept in an airtight container for up to 1 year.

Kids can:

- Help sort through dried beans before soaking.
- Help mash beans with a fork.

紅豆

- 在烹煮乾豆之前，先將小石子和乾癟的豆子挑出來。浸泡至少 8 小時。
- 如果想縮短準備時間，可用冷水煮沸乾豆。關火，讓豆子浸泡 1 至 2 小時。瀝乾，沖洗並加入清水。燉煮 1 至 2 小時，或煮到豆子變軟。
- 豆類是經濟實惠的蛋白質和纖維來源。
- 可用紅腰豆或粉色豆代替紅豆。



路易斯安那紅豆

食材：

- 1 湯匙植物油
- 1/2 杯切丁的洋蔥
- 1/2 杯切丁的甜椒
- 1/4 杯切丁的芹菜
- 2 個蒜瓣，剁碎
- 1 1/2 杯煮熟的或 1 罐 (15 1/2 盎司) 紅豆，洗淨瀝乾（無鈉或低鈉）
- 1 茶匙煙熏甜椒粉
- 1/2 茶匙乾的百里香
- 1/2 茶匙乾牛至
- 1/2 茶匙黑胡椒粉
- 1 片月桂葉
- 2 杯水或蔬菜高湯（無鈉或低鈉）
- 適量鹽

做法：

1. 大鍋中倒入油，中火加熱。
2. 加入洋蔥、甜椒和芹菜，炒至變軟為止，時間約 5 分鐘，期間不斷翻炒。
3. 加入大蒜，炒 1 分鐘。
4. 加入紅豆、香草、香料和水或蔬菜高湯。蓋上鍋蓋，轉大火煮沸。
5. 揭開鍋蓋，轉中小火，燉 15 分鐘或至湯汁開始變稠。
6. 加鹽調味。
7. 裝盤即可享用！
8. 如未食完，冷藏保存。

可做 4 人份。 改編自 Leah Chase 的《*The Dooky Chase Cookbook*》和 Ashlee Lewis 的《*Instant Pot Vegan Soul Food Cookbook*》。

小貼士

- 1 磅乾豆（2 杯），相當於 5 到 6 杯熟豆。
- 罐裝豆可以代替任何食譜中的熟豆或乾豆。
- 乾豆可以放在密封容器中保存 1 年。

孩子們可以：

- 幫忙將乾豆挑出來，然後浸泡。
- 幫忙用刀叉搗碎豆子。

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Just Say Yes to Fruits and Vegetables

NYC
Health

Spice Blends



Adobo

Ingredients:

2 tablespoons garlic powder
2 teaspoons turmeric
1 teaspoon cumin
1/2 teaspoon salt
1/2 teaspoon black pepper
1/2 teaspoon oregano

Directions:

1. Mix all spices together.
2. Store in an airtight container.

Makes about 1/4 cup.

Adapted from *Vegan Boricua Cookbook* by Rhonitta Chance.

Sazón

Ingredients:

1 tablespoon coriander
1 tablespoon cumin
2 tablespoons achiote powder
or ground annatto seeds
1 tablespoon garlic powder
2 teaspoons dried oregano
2 teaspoons onion powder

Directions:

1. Mix all spices together.
2. Store in an airtight container.

Makes about 1/3 cup. Adapted from *Vegan Boricua Cookbook* by Rhonitta Chance.

Sofrito

Ingredients:

1 small yellow onion, diced
1 small green bell pepper, diced
1 ají dulce pepper or 1/4 orange
bell pepper,* diced
3 cloves of garlic, chopped
1 tablespoon chopped cilantro
Pinch of salt

*If using an orange bell pepper,
add 1/4 teaspoon paprika

Directions:

1. Mince all ingredients and combine. If possible, mix all ingredients in a food processor.
2. Store in an airtight container and refrigerate remaining sofrito for up to 1 week.
3. Remaining sofrito can be frozen and saved for use in other dishes.

Makes about 1 cup. Adapted from *Vegan Boricua Cookbook* by Rhonitta Chance.

Quick Tips

- You can use these spice blends for the Habichuelas Criollas (Bean Stew) recipe.
- Try making these spice blends with a mix of the spices that you have available.
- Homemade spice blends can be a great alternative to spice blends sold in stores, which may have added salt.

Kids can:

- Help measure and add spices into a bowl.

香料混合調料



Adobo

配料：

- 2 湯匙大蒜粉
- 2 茶匙薑黃粉
- 1 茶匙孜然
- 1/2 茶匙鹽
- 1/2 茶匙黑胡椒粉
- 1/2 茶匙牛至

做法：

1. 將所有香料混合在一起。
2. 儲存在密封的容器中。

大約可做 1/4 杯。

改編自 Rhonitta Chance 的
《Vegan Boricua Cookbook》。

Sazón

配料：

- 1 湯匙香菜
- 1 湯匙孜然
- 2 湯匙胭脂樹粉或安納托籽粉
- 1 湯匙大蒜粉
- 2 茶匙幹牛至
- 2 茶匙洋蔥粉

做法：

1. 將所有香料混合在一起。
2. 儲存在密封的容器中。

大約可做 1/3 杯。改編自 Rhonitta Chance 的
《Vegan Boricua Cookbook》。

Sofrito

配料：

- 1 個小黃洋蔥，切丁
- 1 個小青甜椒，切丁
- 1 個紅椒或 1/4 個橙色甜椒*，切丁
- 3 瓣大蒜，切碎
- 1 湯匙香菜末
- 一小撮鹽

*如果使用橙色甜椒，加 1/4 茶匙辣椒粉

做法：

1. 將所有配料切碎並混合。如果可能的話，使用食品加工器攪拌所有配料。
2. 儲存在密封的容器中，剩餘的 sofrito 可以冷藏存放長達 1 周。
3. 剩餘的 sofrito 可以冷凍保存，以備將來烹製其他菜肴時使用。

大約可做 1 杯的量。改編自 Rhonitta Chance 的
《Vegan Boricua Cookbook》。

小貼士

- 您可以在 Habichuelas Criollas（燉豆）食譜中使用這些香料混合調料。
- 嘗試用手頭現有的各種香料來製作這些香料混合調料。
- 自製的香料混合調料可以代替購買的香料混合調料，後者可能含有添加鹽。

孩子們可以：

- 幫忙量取香料並加入碗中。

Spice Blends

Panch Phoron (Bengali Five Spice)

Ingredients:

- 1 tablespoon mustard seeds
(any variety)
- 1 tablespoon fennel seeds
- 1 tablespoon fenugreek seeds
- 1 tablespoon nigella seeds
- 1 tablespoon cumin seeds

Directions:

1. Mix all spices together.
2. Store in an airtight container.

Makes about 1/3 cup.

Adapted from yummytummyaarthi.com.



Quick Tips

- You can use this spice blend for the Five-Spice Potato, Carrot and Cabbage (Shobi Bhaji) recipe.
- Try making these spice blends with a mix of the spices that you have available.
- Homemade spice blends can be a great alternative to spice blends sold in stores, which may have added salt.

Kids can:

- Help measure and add spices into a bowl.

For healthy eating tips, like us on Facebook at facebook.com/eatinghealthynyc.
For more information about Stellar Farmers Markets, visit nyc.gov/health/farmersmarkets.
Visit jsyfruitveggies.org for more great recipes. This material was funded by the
United States Department of Agriculture (USDA) Supplemental Nutrition Assistance
Program (SNAP).

Just Say Yes to Fruits and
Vegetables

NYC
Health

香料混合調料

Panch Phoron (孟加拉五香調料)

食材：

- 1 湯匙芥末籽 (各品種均可)
- 1 湯匙小茴香籽
- 1 湯匙葫蘆巴籽
- 1 湯匙黑種草籽
- 1 湯匙孜然籽

做法：

1. 將所有香料混合在一起。
2. 儲存在密封的容器中。

大約可做 **1/3 杯**。

改編自 yummytummyaarthi.com.



小貼士

- 您可以在五香馬鈴薯胡蘿蔔高麗菜 (Shobi Bhaji) 食譜中使用這些香料混合調料。
- 嘗試用手頭現有的各種香料來製作這些香料混合調料。
- 自製的香料混合調料可以代替購買的香料混合調料，後者可能含有添加鹽。

孩子們可以：

- 幫忙量取香料並加入碗中。

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Just Say Yes to Fruits and Vegetables

NYC
Health

Spinach

- Choose spinach with crisp, dark green leaves.
- Wrap spinach in a paper towel or clean cotton dish towel. Place in a plastic bag and refrigerate for up to 7 days.
- Before eating, put leaves in a bowl of cold water and rinse well to wash away all the dirt.
- Spinach supports the body's production of vitamin A, which is good for your eyes and skin.



Fruit and Spinach Salad

Ingredients:

4 cups fresh spinach, stems removed and torn
1 cup sliced strawberries
1 cup raisins
2 tablespoons vegetable oil
1 tablespoon lemon juice
Salt and black pepper to taste

Directions:

1. In a large bowl, combine spinach, strawberries and raisins. Toss gently.
2. To make dressing, combine oil and lemon juice in a small bowl. Mix well.
3. Pour dressing on top of spinach mixture. Add salt and black pepper to taste.
4. Toss well and serve. Enjoy!
5. Refrigerate leftovers.

Makes 4 servings. Adapted from cityharvest.org.

Spinach and Beans

Ingredients:

2 tablespoons vegetable oil
1 onion, chopped
2 garlic cloves, minced
3 1/2 cups cooked Great Northern beans
6 cups fresh spinach, stems removed
1 tablespoon vinegar
Salt and black pepper to taste

Directions:

1. In a large frying pan, heat oil over medium heat.
2. Add onion and cook for 2 minutes, stirring often.
3. Add garlic and cook 1 minute.
4. Add beans and cook until hot, about 3 minutes.
5. Add spinach in small batches and vinegar, stirring often until spinach is wilted, about 3 minutes.
6. Season with salt and black pepper and serve. Enjoy!
7. Refrigerate leftovers.

Makes 6 servings.

Quick Tips

- Add spinach to a soup, rice or pasta dish.
- Add raw spinach to a salad or smoothie for extra nutrients and flavor.

Kids can:

- Place spinach leaves in a bowl of water and move them around to wash.
- Tear spinach leaves and add to a soup or smoothie.

菠菜

- 請挑選菜葉鮮嫩、翠綠的菠菜。
- 將菠菜包在紙巾或乾淨的棉質擦碗布中。裝入塑膠袋中冷藏存放最長 7 天。
- 食用前，將葉子放入裝冷水的碗中，徹底清洗以洗掉所有泥土。
- 菠菜有助於身體合成維生素 A，對眼睛和皮膚有益。



水果菠菜沙拉

食材：

- 4 杯新鮮菠菜，去莖並將葉子撕碎
- 1 杯草莓，切片
- 1 杯葡萄乾
- 2 湯匙植物油
- 1 湯匙檸檬汁
- 適量鹽和黑胡椒粉

做法：

1. 將菠菜、草莓和葡萄乾放入一個大碗內。輕輕攪拌。
2. 要製作調味料，可在小碗中加入油與檸檬汁。攪拌均勻。
3. 將調味料倒在菠菜沙拉上。加入鹽和黑胡椒粉調味。
4. 充分攪拌即可享用。享受美味！
5. 如未食完，冷藏保存。

可做 4 人份。改編自 cityharvest.org。

菠菜煮豆子

食材：

- 2 湯匙蔬菜油
- 1 顆洋蔥，切碎
- 2 個蒜瓣，剁碎
- 3 1/2 杯煮熟的北美腰豆
- 6 杯新鮮菠菜，去莖
- 1 湯匙醋
- 適量鹽和黑胡椒粉

做法：

1. 在大炒鍋中，以中火將油加熱。
2. 加入洋蔥煮 2 分鐘，需不時攪拌。
3. 加入大蒜煮 1 分鐘。
4. 加入豆子煮至變熱，約需 3 分鐘。
5. 加入菠菜 (少量分批加入) 和醋，並不時攪拌，直到菠菜熟軟為止，約需 3 分鐘。
6. 加上鹽和黑胡椒粉調味即可享用。享受美味！
7. 將剩餘的部分冷藏。

可做 6 人份。

小貼士

- 將菠菜加到湯品、米飯或義大利麵食中。
- 將生菠菜加入沙拉或冰沙，增添營養與風味。

孩子們可以：

- 將菠菜葉放入裝水的碗中漂洗。
- 撕碎菠菜葉並加入湯裡或冰沙中。

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Just Say Yes to Fruits and Vegetables

NYC
Health

Spinach

- Choose spinach with crisp, dark green leaves.
- Wrap spinach in a paper towel or clean cotton dish towel. Place in a plastic bag and refrigerate for up to 7 days.
- Before eating, put leaves in a bowl of cold water and rinse well to wash away all the dirt.
- Spinach supports the body's production of vitamin A, which is good for your eyes and skin.



Red Lentil Soup With Spinach

Ingredients:

1 tablespoon vegetable oil
1 teaspoon mustard seeds
(any variety)
1 small onion, diced
1/2 cup chopped tomatoes
1 green chili, seeded and diced
3 garlic cloves, chopped
2/3 cup red lentils, rinsed
2 cups fresh spinach, stems
removed and torn
1/2 teaspoon salt
Pepper to taste

Directions:

1. In a large pan, heat oil over medium heat.
2. Add the mustard seeds and cook until they sizzle, about 30 seconds.
3. Add the onion and cook until soft, about 5 minutes.
4. Add the tomatoes and chili and cook until soft, about 2 minutes, stirring often.
5. Add the garlic and cook for 1 minute.
6. Add the lentils, spinach, salt and 3 cups of water. Cover pan, reduce the heat to medium-low and simmer for 15 minutes or until lentils are soft.
7. Remove from heat and season with pepper to taste.
8. Serve and enjoy!
9. Refrigerate leftovers.

Makes 4 servings. Adapted from **kitchenofdebjani.com**.

Quick Tips

- Add spinach to a soup, rice or pasta dish.
- Add raw spinach to a salad or smoothie for extra nutrients and flavor.

Kids can:

- Place spinach leaves in a bowl of water and move them around to wash.
- Tear spinach leaves and add to a soup or smoothie.

菠菜

- 請挑選菜葉鮮嫩、翠綠的菠菜。
- 將菠菜包在紙巾或乾淨的棉質擦碗布中。裝入塑膠袋中冷藏存放最長 7 天。
- 食用前，將葉子放入裝冷水的碗中，徹底清洗以洗掉所有泥土。
- 菠菜有助於身體合成維生素 A，對眼睛和皮膚有益。



紅扁豆菠菜湯

食材：

- 1 湯匙植物油
- 1 茶匙芥末籽（各品種均可）
- 1 個小洋蔥，切丁
- 1/2 杯切碎的番茄
- 1 個綠辣椒，去籽切丁
- 3 個蒜瓣，切碎
- 2/3 杯紅扁豆，洗淨
- 2 杯新鮮菠菜，去莖撕碎
- 1/2 茶匙鹽
- 適量胡椒粉

做法：

1. 大鍋中倒入油，中火加熱。
2. 加入芥末籽，炒約 30 秒，至辟啪作響。
3. 加入洋蔥，炒至變軟為止，大約需 5 分鐘，。
4. 加入番茄和辣椒，炒約 2 分鐘，至變軟為止，期間不斷翻炒。
5. 加入大蒜，炒 1 分鐘。
6. 加入扁豆、菠菜、鹽和 3 杯水。蓋上鍋蓋，轉中小火，燉 15 分鐘或至扁豆變軟為止。
7. 起鍋，撒上適量的黑胡椒粉調味。
8. 裝盤即可享用！
9. 如未食完，冷藏保存。

可做 4 人份。改編自 **kitchenofdebjani.com**.

小貼士

- 將菠菜加到湯品、米飯或義大利麵食中。
- 將生菠菜加入沙拉或冰沙，增添營養與風味。

孩子們可以：

- 將菠菜葉放入裝水的碗中漂洗。
- 撕碎菠菜葉並加入湯裡或冰沙中。

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Just Say Yes to Fruits and Vegetables

NYC
Health

Strawberries

- Choose strawberries that are bright, red and firm.
- Refrigerate strawberries, unwashed, for up to 7 days. Rinse and remove stems before eating.
- Strawberries have vitamin C, which is good for fighting colds and healing cuts.



Strawberry-Basil Sauce

Ingredients:

4 cups chopped strawberries
2 tablespoons honey
2 tablespoons lemon juice
1/4 cup sliced fresh basil

Directions:

1. In a large pot, heat strawberries over medium heat.
2. Cook until strawberries are soft, about 4 minutes.
3. Add honey and lemon juice and stir. Cook for 8 to 10 minutes.
4. Turn off heat, add basil and stir well.
5. Serve hot or chilled.
6. Refrigerate leftovers.

Makes 8 servings. Adapted from marthastewart.com.

Strawberry Pepper Salsa

Ingredients:

2 cups chopped strawberries
1/2 red onion, thinly sliced
1 jalapeño pepper, diced
1/2 red bell pepper, chopped
1/2 green bell pepper, chopped
1/2 orange bell pepper, chopped
2 tablespoons lemon juice
1 tablespoon vegetable oil
Salt, black pepper and cilantro to taste

Directions:

1. In a medium bowl, combine all ingredients and mix well.
2. Serve and enjoy!
3. Refrigerate leftovers.

Makes 6 servings. Adapted from yummly.com.

Quick Tips

- Top hot or cold cereal with chopped strawberries.
- Mix strawberries with yogurt or cottage cheese.
- Blend strawberries with yogurt, honey and orange juice for a fruit smoothie.

Kids can:

- Take off the green tops from strawberries.
- Rinse strawberries before eating.

草莓

- 請挑選顏色鮮紅且結實的草莓。
- 未洗過的草莓可冷藏存放最長 7 天。食用前請洗淨並摘掉蒂頭。
- 草莓含有維他命 C，對於預防感冒和傷口癒合很有助益。



草莓羅勒醬

食材：

- 4 杯切碎的草莓
- 2 湯匙蜂蜜
- 2 湯匙檸檬汁
- 1/4 杯切片的新鮮羅勒

做法：

1. 在大鍋中，以中火加熱草莓。
2. 烹煮草莓直到變軟為止，約需 4 分鐘。
3. 加入蜂蜜和檸檬汁並攪拌。烹煮 8 至 10 分鐘。
4. 關火，加入羅勒並攪拌均勻。
5. 趁熱食用或冷藏後食用。
6. 如未食完，冷藏保存。

可做 8 人份。改編自 marthastewart.com。

草莓甜椒莎莎醬

食材：

- 2 杯切碎的草莓
- 1/2 顆紅洋蔥，切成薄片
- 1 個墨西哥辣椒，切丁
- 1/2 個紅椒，切碎
- 1/2 個青椒，切碎
- 1/2 個黃椒，切碎
- 2 湯匙檸檬汁
- 1 湯匙蔬菜油
- 調味鹽、黑胡椒粉和香菜

做法：

1. 將所有食材放入一個中碗中，並攪拌均勻。
2. 裝盤即可享用！
3. 如未食完，冷藏保存。

可做 6 人份。改編自 yummly.com。

小貼士

- 將切碎的草莓加入熱或冷的麥片中。
- 將草莓與優格或鄉村起司混合。
- 將草莓、優格、蜂蜜和柳橙汁做成水果冰沙。

孩子們可以：

- 摘除草莓的蒂頭。
- 食用前清洗草莓。

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Just Say Yes to Fruits and Vegetables

NYC
Health

Summer Squash

- Choose summer squash (yellow or green) that is firm and without soft spots.
- Refrigerate in an open plastic bag for up to 10 days.
- Before eating, scrub and rinse skin, then cut off ends. Seeds and skin are good to eat and full of fiber and nutrients!
- Summer squash has potassium, which is good for your heart.



Summer Squash and White Bean Salad

Ingredients:

4 cups diced summer squash
1 cup chopped red onion
2 1/4 cups cooked or 1 can
(19 ounces) cannellini beans,
drained and rinsed
2 tablespoons vegetable oil
1/4 cup apple cider vinegar
1/2 tablespoon chopped
rosemary
Salt and black pepper to taste

Directions:

1. In a large bowl, combine summer squash, onion and beans.
2. In a small bowl, mix oil, vinegar, rosemary, salt and black pepper.
3. Pour oil mixture over bean-squash mixture and toss.
4. Chill, serve and enjoy!
5. Refrigerate leftovers.

Makes 10 servings.

Zucchini Spaghetti

Ingredients:

1 tablespoon vegetable oil
1 cup chopped onion
4 garlic cloves, minced
2 cups chopped tomatoes
4 cups zucchini, sliced in
thin strips
Salt, black pepper and red
pepper flakes to taste

Directions:

1. In a large pan, heat oil over medium heat.
2. Add onion and cook until soft, about 5 minutes.
3. Add garlic and stir for 1 minute.
4. Add tomatoes and cook for 10 minutes, stirring often.
5. Add zucchini and cook until soft, about 3 minutes.
Add red pepper flakes to taste.
6. Enjoy by itself or with your favorite pasta or grain!
7. Refrigerate leftovers.

Makes 8 servings.

Quick Tips

- Grate summer squash and freeze raw, or add to an omelet.
- Slice and add to salads or as part of a cold vegetable platter.
- Steam chopped summer squash in a small amount of water for 3 minutes.
- Season with black pepper and fresh herbs.

Kids can:

- Rinse fresh squash.
- Grate squash, with supervision.
- Cut squash with a plastic knife.

夏南瓜

- 請挑選結實且沒有軟點的 (黃色或綠色) 夏南瓜。
- 將夏南瓜裝入打開的塑膠袋中可冷藏存放最長 10 天。
- 食用前，請刷洗並洗淨表皮，然後切除兩端。表皮與種子都可以吃，且含有豐富的纖維與營養！
- 夏南瓜含有鉀，對心臟有益。



夏南瓜白豆沙拉

食材：

- 4 杯切丁的夏南瓜
- 1 杯切碎的紅洋蔥
- 2 1/4 杯煮熟或 1 罐 (19 盎司) 白腰豆，洗淨瀝乾
- 2 湯匙蔬菜油
- 1/4 杯蘋果醋
- 1/2 湯匙切碎的迷迭香
- 適量鹽和黑胡椒粉

做法：

1. 將夏南瓜、洋蔥和白豆放入一個大碗中。
2. 將油、醋、迷迭香、鹽和黑胡椒粉放在小碗中攪拌。
3. 將混合油液倒在豆瓜什錦上，然後攪拌。
4. 冷藏後裝盤即可享用！
5. 如未食完，冷藏保存。

可做 10 人份。改編自 newhope360.com。

櫛瓜義大利麵

食材：

- 1 湯匙植物油
- 1 杯切碎的洋蔥
- 4 個蒜瓣，剁碎
- 2 杯切碎的蕃茄
- 4 杯櫛瓜，切成細條
- 適量鹽、黑胡椒粉與乾紅辣椒碎

做法：

1. 在大鍋中，以中火將油加熱。
2. 加入洋蔥煮至軟爛，約需 5 分鐘。
3. 加入大蒜攪拌 1 分鐘。
4. 加入番茄煮 10 分鐘，並不時攪拌。
5. 加入櫛瓜煮至軟爛，約需 3 分鐘。加入適量乾紅辣椒碎。
6. 可以單獨食用或是搭配您最喜愛的義大利麵或穀物一起享用！
7. 如未食完，冷藏保存。

可做 8 人份。

小貼士

- 將夏南瓜刨絲，然後新鮮冷凍或加入蛋餅中。
- 切成薄片並加入沙拉中或作為冷蔬菜拼盤的其中一種菜。
- 以少量水蒸煮切碎的夏南瓜 3 分鐘。以黑胡椒粉和新鮮香草調味。

孩子們可以：

- 清洗新鮮夏南瓜。
- 在家長的監督之下將夏南瓜刨絲。
- 用塑膠刀切夏南瓜。

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Just Say Yes to Fruits and Vegetables

NYC
Health

Sweet Potatoes

- Choose firm sweet potatoes with smooth skin.
- Store in a cool, dry place for up to 2 weeks.
- Before cooking, scrub and remove eyes and dark spots.
- Keep the skin; it is full of fiber and nutrients.
- Sweet potatoes are rich in beta-carotene, which the body converts to vitamin A. Vitamin A is good for your eyes and skin.



Sweet Potato and Apple Stir-Fry

Ingredients:

2 tablespoons vegetable oil
4 cups chopped sweet potatoes
1 teaspoon grated ginger
(optional)
2 cups chopped apples
1 teaspoon cinnamon

Directions:

1. In a large pot, heat oil over medium heat.
2. Add sweet potatoes, cover and cook for 5 minutes.
3. Add 1/2 cup of water and ginger, if using. Cover and cook for 5 minutes, stirring often.
4. Add apples and cinnamon. Cook for 10 more minutes until sweet potatoes are soft.
5. Serve immediately and enjoy as a dessert or sweet side dish.
6. Refrigerate leftovers.

Makes 5 servings. Adapted from recipes.sparkpeople.com.

Sweet Potato and Red Bean Chili

Ingredients:

2 teaspoons vegetable oil
1 onion, diced
3 cups diced sweet potatoes
2 garlic cloves, minced
2 cups chopped tomatoes
1 1/2 tablespoons chipotle chili powder
2 teaspoons ground cumin (optional)
1 1/2 cups cooked or 1 can (15 1/2 ounces) red beans, rinsed
2 tablespoons chopped cilantro (optional)
Salt and black pepper to taste

Directions:

1. In a large pot, heat oil over medium heat.
2. Add onions and garlic. Cook for about 4 minutes or until softened.
3. Stir in the sweet potatoes and spices, and heat to toast for 1 minute.
4. Add tomatoes and 1 1/2 cups of water. Cook for 10 minutes.
5. Add beans. Cook until the beans are heated, about 5 minutes.
6. Add cilantro, salt and black pepper.
7. Serve and enjoy!
8. Refrigerate leftovers.

Makes 6 servings. Adapted from eatingwell.com.

Quick Tips

- For a baked sweet potato, scrub potatoes then bake at 375 degrees Fahrenheit for 1 hour.
- Chop sweet potatoes, boil until soft and then mash. Add a squeeze of fresh orange juice (if available) and a pinch of brown sugar for a sweet treat.
- Sweet potatoes can be mixed with white potatoes for varied nutrients and flavor.

Flavor Flip: Chili

- Add a teaspoon of cinnamon along with the other spices. At the end of cooking, add a teaspoon of vinegar or citrus juice to brighten up the dish.

蕃薯

- 請挑選表皮光滑且結實的蕃薯。
- 可以將蕃薯存放在陰涼、乾燥的地方最長 2 週。
- 烹煮前，請將蕃薯刷洗乾淨並將凹洞和黑色斑點去掉。
- 保留表皮以供烹煮，因為表皮含有豐富纖維與營養。
- 蕃薯富含 β-胡蘿蔔素，人體可將其轉化為維生素 A。
維生素 A 對眼睛和皮膚有益。



熱炒蕃薯蘋果

食材：

- 2 湯匙蔬菜油
- 4 杯切碎的蕃薯
- 1 茶匙鮮薑末 (可以不加)
- 2 杯切碎的蘋果
- 1 茶匙肉桂

做法：

1. 備大鍋，開中火，將鍋中油加熱。
2. 加入蕃薯，蓋上鍋蓋，然後煮 5 分鐘。
3. 加入 1/2 杯水和薑 (如果想加的話)。蓋上鍋蓋，然後烹煮 5 分鐘，需不時攪拌。
4. 加入蘋果和肉桂。再煮 10 分鐘，直到蕃薯變軟為止。
5. 可立刻裝盤，作為甜點或是甜味配菜享用！
6. 如未食完，冷藏保存。

可做 5 人份。改編自 recipes.sparkpeople.com。

蕃薯紅豆辣醬湯

食材：

- 2 茶匙蔬菜油
- 1 顆洋蔥，切丁
- 3 杯切丁的蕃薯
- 2 個蒜瓣，剁碎
- 2 杯切碎的蕃茄
- 1 1/2 湯匙啟波特雷辣椒粉
- 2 茶匙孜然粉 (可以不加)
- 1 1/2 杯煮熟或 1 罐 (15.5 盎司) 紅豆，
洗淨瀝乾
- 2 湯匙切碎的香菜 (可以不加)
- 適量鹽和黑胡椒粉

做法：

1. 備大鍋，開中火，將鍋中油加熱。
2. 加入洋蔥與大蒜。煮約 4 分鐘或等到洋蔥變軟為止。
3. 攪拌蕃薯和香料，加熱烘烤 1 分鐘。
4. 加入蕃茄和 1 1/2 杯水。煮 10 分鐘。
5. 加入紅豆。煮至紅豆變熱為止，約需 5 分鐘。
6. 加入香菜、鹽和黑胡椒粉。
7. 裝盤即可享用！
8. 如未食完，冷藏保存。

可做 6 人份。改編自 eatingwell.com。

小貼士

- 若要製作烘烤蕃薯，請先刷洗乾淨，然後以華氏 375 度烤 1 小時。
- 將蕃薯切碎，用水煮至變軟為止，然後搗碎。加入少許新鮮柳橙汁（如有）和適量紅糖，製成美味甜點。
- 蕃薯可搭配白馬鈴薯，以增添營養和風味。

巧做美味：辣醬湯

- 隨其他香料加入一茶匙肉桂。出鍋前，加入一茶匙醋或酸果汁，讓色澤更鮮豔。

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Just Say Yes to Fruits and Vegetables

NYC
Health

Sweet Potatoes

- Choose firm sweet potatoes with smooth skin.
- Store in a cool, dry place for up to 2 weeks.
- Before cooking, scrub and remove eyes and dark spots.
- Keep the skin; it is full of fiber and nutrients.
- Sweet potatoes are rich in beta-carotene, which the body converts to vitamin A. Vitamin A is good for your eyes and skin.



Sweet Potato Mash

Ingredients:

4 cups diced sweet potatoes
1 tablespoon vegetable oil
1/2 teaspoon cinnamon
1/2 teaspoon nutmeg
Pinch of ground cloves
1 tablespoon honey
Salt to taste

Directions:

1. In a large pot, bring 1 1/2 cups of water to a boil.
2. Add the diced sweet potatoes, reduce heat to medium, and cook covered for 10 to 15 minutes or until soft. Add more water as needed to prevent sticking.
3. Once cooked, drain any remaining water and place sweet potatoes in a large bowl.
4. Add the oil, cinnamon, nutmeg, cloves and honey and mix well.
5. Mash the sweet potatoes, adding more water if needed.
6. Add salt to taste.
7. Serve hot and enjoy!
8. Refrigerate leftovers.

Makes 4 servings. Adapted from *Sweet Potato Soul* by Jenné Claiborne.

Quick Tips

- For a baked sweet potato, scrub potatoes then bake at 375 degrees Fahrenheit for 1 hour.
- Chop sweet potatoes, boil until soft and then mash. Add a squeeze of fresh orange juice (if available) and a pinch of brown sugar for a sweet treat.
- Sweet potatoes can be mixed with white potatoes for varied nutrients and flavor.

蕃薯

- 請挑選表皮光滑且結實的蕃薯。
- 可以將蕃薯存放在陰涼、乾燥的地方最長 2 週。
- 烹煮前，請將蕃薯刷洗乾淨並將凹洞和黑色斑點去掉。
- 保留表皮以供烹煮，因為表皮含有豐富纖維與營養。
- 蕃薯富含 β-胡蘿蔔素，人體可將其轉化為維生素 A。
維生素 A 對眼睛和皮膚有益。



蕃薯泥

食材：

4 杯切丁的蕃薯
1 湯匙植物油
1/2 茶匙肉桂粉
1/2 茶匙荳蔻粉
少許丁香粉
1 湯匙蜂蜜
適量鹽

做法：

1. 大鍋中倒入 1 1/2 杯水並煮沸。
2. 倒入切丁的蕃薯，轉中火，加蓋煮 10 至 15 分鐘或至變軟為止。可根據需要多加一些水，防止黏鍋。
3. 蕃薯煮熟後，瀝乾多餘水份，放入大碗中。
4. 加入油、肉桂粉、荳蔻粉、丁香粉和蜂蜜，攪拌均勻。
5. 搗碎蕃薯，如有需要可適量添加水。
6. 加鹽調味。
7. 裝盤趁熱享用！
8. 如未食完，冷藏保存。

可做 4 人份。改編自 Jenne Claiborne 的《Sweet Potato Soul》。

小貼士

- 若要製作烘烤蕃薯，請先刷洗乾淨，然後以華氏 375 度烤 1 小時。
- 將蕃薯切碎，用水煮至變軟為止，然後搗碎。加入少許新鮮柳橙汁（如有）和適量紅糖，製成美味甜點。
- 蕃薯可搭配白馬鈴薯，以增添營養和風味。

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Just Say Yes to Fruits and Vegetables

NYC
Health

Tomatoes



- Choose firm tomatoes with smooth skins. Green tomatoes will ripen at room temperature.
- Store tomatoes at room temperature, away from direct sunlight.
- Once ripe, use within 1 week. Tomatoes taste best if not refrigerated; only refrigerate if you cannot use them before they spoil.
- Rinse before eating — fresh or cooked.
- Tomatoes have vitamin A, which is good for your eyes and skin.

Easy Tomato Sauce

Ingredients:

1 1/2 teaspoons vegetable oil
1 onion, chopped
2 1/2 cups chopped tomatoes
2 garlic cloves, chopped
1/2 teaspoon oregano (optional)
1/2 teaspoon salt
1/4 teaspoon black pepper

Directions:

1. In a large frying pan, heat oil over medium heat. Add onion and cook until soft. Stir often.
2. Add tomatoes, garlic, oregano, salt and black pepper.
3. Simmer for 15 to 20 minutes, or until thickened.
4. Serve over pasta, rice or cooked vegetables. Enjoy!
5. Refrigerate leftovers.

Makes 5 servings.

Chilean Tomato Salad

Ingredients:

2 cups thinly sliced onions
1/2 teaspoon salt
8 cups sliced tomatoes
1/4 cup basil or cilantro, torn
1 tablespoon oil
Salt and black pepper to taste

Directions:

1. In a small bowl, add onions and sprinkle with salt. Set aside 20 to 30 minutes.
2. Rinse onions under water to remove salt. Drain well.
3. In a large bowl, combine tomatoes, drained onions and basil or cilantro. Add oil and mix well.
4. Enjoy, or refrigerate and serve cold!
5. Refrigerate leftovers.

Makes 8 servings. Submitted by Beth Bainbridge, Stellar Farmers Markets.

Quick Tips

- 1 medium-size tomato is about 1 cup of chopped tomatoes.
- Add chopped tomatoes to scrambled eggs.
- Make your own tomato soup! Sauté chopped onions and garlic until soft. Add your favorite herbs, chopped tomatoes and low-sodium broth. Cook 10 to 15 minutes and enjoy!

Kids can:

- Wash tomatoes under cold water.
- Mash or cut tomatoes to make a quick sauce or salsa.

蕃茄



- 請挑選表皮光滑且結實的蕃茄。綠色蕃茄會在室溫下成熟。
- 將蕃茄存放於室溫下，遠離陽光直射。蕃茄成熟後，請在 1 週內食用完畢。
未經冷藏的蕃茄風味較佳，若無法在壞掉前吃完，可以放入冰箱冷藏。
- 食用前請先清洗，可直接吃或煮熟後食用。
- 蕃茄含有維他命 A，對於眼睛和皮膚健康很有幫助。

簡易蕃茄醬

食材：

- 1 1/2 茶匙蔬菜油
- 1 顆洋蔥，切碎
- 2 1/2 杯切碎的蕃茄
- 2 個蒜瓣，切碎
- 1/2 茶匙牛至 (可以不加)
- 1/2 茶匙鹽
- 1/4 茶匙黑胡椒粉

做法：

1. 在大炒鍋中，以中火將油加熱。
加入洋蔥，煮至熟軟。期間不時攪拌。
2. 加入蕃茄、大蒜、牛至、鹽和黑胡椒粉。
3. 燉煮 15 至 20 分鐘或是直到變濃稠為止。
4. 可以放在義大利麵、米飯或是煮熟的蔬菜上。享受美味！
5. 如未食完，冷藏保存。

可做 5 人份。

智利蕃茄沙拉

食材：

- 2 杯洋蔥薄片
- 1/2 茶匙鹽
- 8 杯蕃茄片
- 1/4 杯羅勒或香菜，撕碎
- 1 湯匙油
- 適量鹽和黑胡椒粉

做法：

1. 備一個小碗，加入洋蔥並撒上鹽。靜置 20 至 30 分鐘。
2. 將洋蔥置於水龍頭下沖洗，以沖掉鹽。充分瀝乾。
3. 在大碗中，將蕃茄、瀝乾的洋蔥和羅勒或香菜放在一起。
加入油並攪拌均勻。
4. 可立即享用或冷藏後享用冷食！
5. 如未食完，冷藏保存。

可做 8 人份。Beth Bainbridge 提供
(Stellar Farmers Markets)。

小貼士

- 一個中等大小的蕃茄大約是 1 杯切碎的量。
- 在炒蛋中加入切碎的蕃茄。
- 自製蕃茄湯！拌炒切碎的洋蔥與大蒜，直到變軟為止。加入喜愛的香草、切碎的蕃茄及低鈉高湯。
煮 10 至 15 分鐘即可享用！

孩子們可以：

- 用冷水清洗蕃茄。
- 搗碎或切碎蕃茄，以製作簡易調味汁或莎莎醬。

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Just Say Yes to Fruits and Vegetables



Tomatoes

- Choose firm tomatoes with smooth skins. Green tomatoes will ripen at room temperature.
- Store tomatoes at room temperature, away from direct sunlight.
- Once ripe, use within 1 week. Tomatoes taste best if not refrigerated; only refrigerate if you cannot use them before they spoil.
- Rinse before eating — fresh or cooked.
- Tomatoes have vitamin A, which is good for your eyes and skin.



Ceviche de Chochos (Bean Ceviche)

Ingredients:

1 small red onion, thinly sliced
1/4 teaspoon salt
1 tablespoon tomato paste
2 tablespoons water
2 medium tomatoes, thinly sliced
1 1/2 cups cooked, or 1 can
(15.5 ounces) fava or lima beans,
drained and rinsed
1/4 cup orange juice
2 tablespoons lime juice
1/4 cup chopped fresh cilantro
1 teaspoon vegetable oil

Directions:

1. Place onions in a bowl, sprinkle with salt and cover with warm water. Set aside for 10 minutes.
2. Drain the water and rinse onions under water to remove salt.
3. In a large bowl, add the onions, tomatoes, beans and cilantro.
4. In a separate bowl, whisk the tomato paste with 2 tablespoons of water to combine. Then whisk in the orange juice, lime juice and oil to create a dressing. Pour the dressing over the bean mixture and toss.
5. Enjoy, or refrigerate and serve cold!
6. Refrigerate leftovers.

Makes 4 servings. Adapted from laylita.com.

Quick Tips

- 1 medium-size tomato is about 1 cup of chopped tomatoes.
- Add chopped tomatoes to scrambled eggs.
- Make your own tomato soup! Sauté chopped onions and garlic until soft. Add your favorite herbs, chopped tomatoes and low-sodium broth. Cook 10 to 15 minutes and enjoy!

Kids can:

- Wash tomatoes under cold water.
- Mash or cut tomatoes to make a quick sauce or salsa.

番茄

- 挑選緊實、表皮光滑的番茄。青番茄在室溫下會自然成熟。
- 在室溫下存放番茄時，應避免陽光直射。
- 成熟後，請在 1 周內食用。番茄不冷藏時口感最佳；只有在無法及時食用時，才建議冷藏。
- 食用前洗淨——無論是生吃還是烹飪。
- 番茄富含維生素 A，對眼睛和皮膚有益。



Ceviche de Chochos (扁豆萊姆醃海鮮)

配料：

- 1 個小紅洋蔥，切成薄片
- 1/4 茶匙鹽
- 1 湯匙番茄醬
- 2 湯匙水
- 2 個中等大小的番茄，切成薄片
- 1 1/2 杯煮熟的或 1 罐 (15.5 盎司)
蠶豆或利馬豆，瀝幹並洗淨
- 1/4 杯橙汁
- 2 湯匙萊姆汁
- 1/4 杯新鮮香菜末
- 1 茶匙植物油

做法：

1. 將洋蔥放入碗中，撒上鹽，加入溫水。靜置 10 分鐘。
2. 瀝幹，用水沖洗洋蔥以去除鹽分。
3. 準備一個大碗，加入洋蔥、番茄、豆子和香菜。
4. 在另一個碗中，倒入 2 湯匙水和番茄醬，攪拌均勻。
然後加入橙汁、萊姆汁和油，調成調味汁。將調味汁倒在拌好的豆子上，拌勻。
5. 直接享用，或冷藏後食用！
6. 如未食完，冷藏保存。

可做 4 人份。改編自 laylita.com。

小貼士

- 1 個中等大小的番茄約等於 1 杯番茄丁。
- 將切好的番茄丁倒入炒蛋中。
- 自製番茄湯！將切碎的洋蔥和大蒜煸炒至變軟。加入您喜歡的草本調味料、番茄丁和低鈉高湯。煮 10 至 15 分鐘後即可享用！

孩子們可以：

- 用冷水洗淨番茄。
- 將番茄搗碎或切碎，製作簡易醬料或莎莎醬。

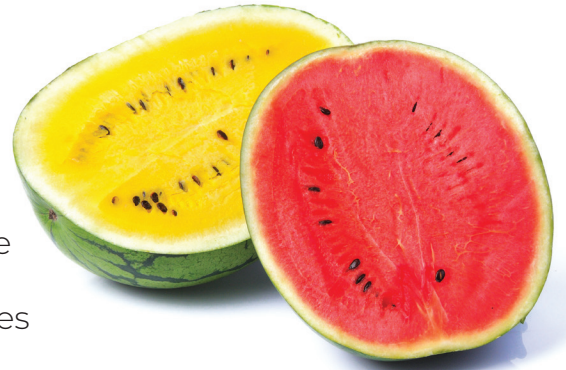
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Just Say Yes to Fruits and Vegetables

NYC
Health

Watermelon

- Choose watermelons that are heavy for their size, with no bruises or soft spots.
- Keep whole watermelons out of direct sunlight and store at room temperature for up to 1 week. Refrigerate cut watermelon for up to 5 days.
- Before eating, rinse watermelon, cut in half or in wedges and remove the seeds.
- Watermelons have vitamin A, which is good for your eyes and skin.



Spicy Watermelon Relish

Ingredients:

3 cups cubed watermelon
2 cucumbers, thinly sliced
1/2 onion, chopped
1 carrot, thinly sliced
1/4 cup apple cider vinegar
1 teaspoon red pepper flakes
2 tablespoons chopped mint
1 tablespoon chopped cilantro (optional)
Salt and black pepper to taste

Directions:

1. In a large bowl, combine all ingredients and toss gently.
2. Chill, serve and enjoy!
3. Refrigerate leftovers.

Makes 6 servings. Adapted from wchstv.com.

Watermelon Black Bean Salsa

Ingredients:

2 cups chopped watermelon, seeds removed
1 cup cooked black beans
1/2 cup chopped onion
1 tablespoon chopped green chilies
1 garlic clove, minced
2 tablespoons lime juice
1 tablespoon vegetable oil
1 tablespoon chopped cilantro (optional)

Directions:

1. In a large bowl, combine all ingredients and toss gently.
2. Chill, serve and enjoy!
3. Refrigerate leftovers.

Makes 4 servings.

Quick Tips

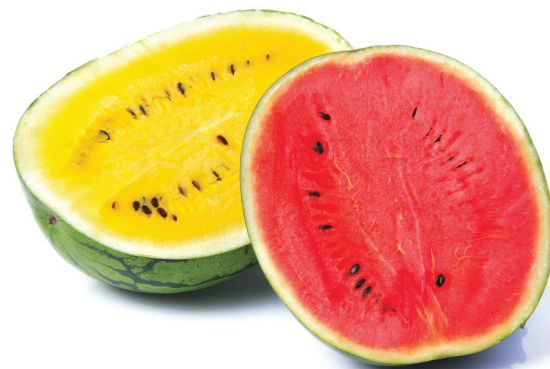
- Add watermelon cubes or watermelon balls to a fruit salad.
- Choose watermelons that have a pale yellow spot on the skin. This shows that they are ripe.
- Add pieces of watermelon to your water for a refreshing drink.

Kids can:

- Scoop out watermelon flesh with a spoon to eat as a snack or add to a recipe.
- Dig out seeds from watermelon wedges using a spoon.

西瓜

- 請挑選較重且沒有損傷或軟點的西瓜。
- 請避免陽光直射，將整個西瓜存放於室溫下，最長存放 1 週。
切開的西瓜最多可冷藏存放 5 天。
- 食用前，請清洗西瓜，然後切成兩半或楔形小片並去籽。
- 西瓜含有維他命 A，對於眼睛和皮膚健康很有幫助。



西瓜調味辣醬

食材：

- 3 杯切成小方塊的西瓜，去籽
- 2 根黃瓜，切成薄片
- 1/2 顆洋蔥，切碎
- 1 個胡蘿蔔，切成薄片
- 1/4 杯蘋果醋
- 1 茶匙乾紅辣椒碎
- 2 湯匙切碎的薄荷
- 1 湯匙切碎的香菜 (可以不加)
- 適量鹽和黑胡椒粉

做法：

1. 將所有食材放入一個大碗中，並輕輕攪拌。
2. 冷藏後裝盤即可享用！
3. 如未食完，冷藏保存。

可做 6 人份。改編自 wchstv.com。

西瓜黑豆莎莎醬

食材：

- 2 杯切碎的西瓜，去籽
- 1 杯煮熟的黑豆
- 1/2 杯切碎的洋蔥
- 1 湯匙切碎的綠辣椒
- 1 個蒜瓣，剁碎
- 2 湯匙萊姆汁
- 1 湯匙蔬菜油
- 1 湯匙切碎的香菜 (可以不加)

做法：

1. 將所有食材放入一個大碗中，並輕輕攪拌。
2. 冷藏後裝盤即可享用！
3. 如未食完，冷藏保存。

可做 4 人份。

小貼士

- 將西瓜塊或西瓜球加入水果沙拉中。
- 選擇表皮有淺黃色區域的西瓜。這表示西瓜已經成熟。
- 將西瓜塊放入水中做成清新的飲料。

孩子們可以：

- 用湯匙挖出西瓜果肉做為點心或做為食材。
- 用湯匙挖出西瓜切片中的西瓜籽。

如需健康飲食貼士，請在我們的 Facebook 粉絲專頁 (facebook.com/eatinghealthynyc) 按讚。如需有關 Stellar Farmers Markets 的詳細資訊，請造訪 nyc.gov/health/farmersmarkets。如需瞭解更多絕佳食譜，請造訪 jsyfruitveggies.org。本資料由美國農業部 (United States Department of Agriculture, USDA) 的補充營養援助計畫 (Supplemental Nutrition Assistance Program, SNAP) 贊助。

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Winter Greens

- Look for greens that are moist and crisp, with rich, green leaves.
- Wrap unwashed greens in a damp paper towel or a clean cotton dish towel, place in a plastic bag and keep in the refrigerator for up to 5 days.
- Before eating, rinse leaves and chop into bite-size pieces.
- Winter greens have vitamin A, which is good for eyes and skin.



Leafy Greens Salad With Apple Dressing

Ingredients:

- 1 apple, chopped
- 1 apple, shredded
- 12 cups sliced leafy greens
(kale, mustard greens or spinach)
- 2 tablespoons apple cider vinegar
- 1 teaspoon lemon juice
- 2 tablespoons vegetable oil
- Salt and black pepper to taste

Directions:

1. In a large bowl, add chopped apples and greens.
2. To make dressing, combine shredded apple, vinegar, lemon juice and oil in a small bowl.
3. Add dressing to greens, mix well with hands. Add salt and black pepper to taste.
4. Serve and enjoy!
5. Refrigerate leftovers.

Makes 6 servings. Adapted from **bonappetit.com**.

Black-Eyed Peas and Collard Greens

Ingredients:

- 1 tablespoon vegetable oil
- 1 cup chopped onion
- 3 garlic cloves, minced
- 8 cups chopped collard greens
- 2 cups chopped tomato
- 1/4 cup chopped dill
- 1 1/2 cups cooked or 1 can
(15 1/2 ounces) black-eyed
peas, rinsed
- Salt and black pepper to taste

Directions:

1. In a large pot, heat oil over medium heat.
2. Add onion and garlic and cook until soft, about 5 minutes. Stir frequently.
3. Add greens, tomato, dill and 1/2 cup of water. Add more water if needed to prevent sticking. Cook until greens are soft, 20 to 25 minutes.
4. Add black-eyed peas. Add salt and black pepper to taste. Stir.
5. Serve immediately and enjoy!
6. Refrigerate leftovers.

Makes 4 servings. Adapted from **nytimes.com**.

Quick Tips

- Winter greens include kale, collard greens, mustard greens or Swiss chard. Any type can be used in place of another in recipes.
- Cook winter greens with oil and garlic for a quick side dish or add them to soups and stews.
- Greens can be seasoned with vinegar, ginger, lemon juice or red pepper flakes.

Kids can:

- Wash leaves in cold water.
- Tear leafy greens into pieces.

冬青菜

- 請挑選微濕、鮮嫩且有鮮綠色菜葉的蔬菜。
- 請將未洗過的蔬菜包在濕紙巾或乾淨的棉質擦碗布中，裝入塑膠袋後存放於冰箱中最長 5 天。
- 食用前，請清洗葉片並將其切成適口的小片。
- 冬青菜含有維他命 A，對於眼睛和皮膚很有幫助。



綠葉蔬菜沙拉佐蘋果調味料

食材：

- 1 顆蘋果，切碎
- 1 顆蘋果，刨絲
- 12 杯切片的綠葉蔬菜
(羽衣甘藍、芥菜或菠菜)
- 2 湯匙蘋果醋
- 1 茶匙檸檬汁
- 2 湯匙蔬菜油
- 適量鹽和黑胡椒粉

做法：

1. 在一個大碗中加入切碎的蘋果和綠葉蔬菜。
2. 要製作調味料，可在小碗中加入刨絲的蘋果、醋、檸檬汁和油。
3. 在綠葉蔬菜上加入調味料，攪拌均勻。加入鹽和黑胡椒粉調味。
4. 裝盤即可享用！
5. 如未食完，冷藏保存。

可做 6 人份。改編自 bonappetit.com。

黑眼豌豆煮寬葉甘藍

食材：

- 1 湯匙蔬菜油
- 1 杯切碎的洋蔥
- 3 個蒜瓣，剁碎
- 8 杯切碎的寬葉甘藍
- 2 杯切碎的蕃茄
- 1/4 杯切碎的蒔蘿
- 1 1/2 杯煮熟或 1 罐
(15.5 盎司) 黑眼豌豆，
洗淨瀝乾
- 適量鹽和黑胡椒粉

做法：

1. 備大鍋，開中火，將鍋中油加熱。
2. 加入洋蔥與大蒜煮至軟爛，約需 5 分鐘。期間不時攪拌。
3. 加入綠葉蔬菜、蕃茄、蒔蘿和 1/2 杯水。
可視需要多加水，以避免黏鍋。將綠葉蔬菜煮到變軟為止，時間為 20 至 25 分鐘。
4. 加入黑眼豌豆。加入鹽和黑胡椒粉調味。攪拌。
5. 可以立即裝盤享用！
6. 如未食完，冷藏保存。

可做 4 人份。改編自 nytimes.com。

小貼士

- 冬青菜包括羽衣甘藍、寬葉甘藍、芥菜和瑞士甜菜。任何種類都可以在食譜中彼此替代。
- 將冬青菜加油和大蒜煮熟，可以做出一道簡易配菜，也可將其加到湯品和燉菜中。
- 綠葉蔬菜可以用醋、薑、檸檬汁或乾紅辣椒碎調味。

孩子們可以：

- 用冷水清洗菜葉。
- 將綠葉蔬菜撕成碎片。

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