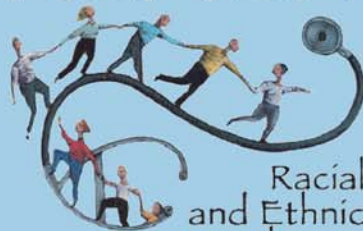


健康亞洲食譜

HEALTHY ASIAN RECIPES

REACH



Racial
and Ethnic
Approaches to
Community Health

CHINESE

健康亞洲食譜

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and Ethnic
Approaches to
Community Health

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鳴謝

第一版 " 健康亞洲食譜 " 能夠得到出版, 要感謝眾多的社區成員, ICHS現在及過去的員工, 還有那些為此貢獻了時間, 技術以及/或者食譜的人. 對那些做出過貢獻, 而尚未被提到的人, 謹此致上我們真摯的歉意.

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REACH

REACH 聯盟的使命在於降低少數族裔所遭遇的糖尿病健康狀況差異. 我們透過有力的合作夥伴, 利用景郡中所有適合的社區資源, 支持和增強個人, 家庭和社區體系, 創造長期持久性的方法, 預防和控制糖尿病.



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HEALTH SERVICES

ICHS

ICHS是一個非牟利的醫療服務中心, 主要為居住西雅圖及景郡的亞太裔社區提供負得起的醫療, 牙科, 藥品, 針灸和健康教育服務.

盡我等所知, 本書所含資訊準確並且完整. 我們不對書中所有的食譜和建議提供保證. 對書中受版權保護的內容, 我們已經盡一切所能找到版權所有人並得到其允許在本書中使用. Seattle-King County Public Health and International Community Health Services 聲明不對本書中所含資料相關之所有責任/義務負責.

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ABOUT THE PROVIDERS



REACH

The mission of the REACH Coalition is to reduce diabetes health disparities experienced by communities of color. Through strong partnerships, the Coalition supports the empowerment of individuals, families, and communities, and creates sustainable long-term approaches to prevention and control of diabetes by utilizing all appropriate community resources in King County.



INTERNATIONAL
COMMUNITY
HEALTH SERVICES

ICHS

ICHS is a nonprofit health care center offering affordable medical, dental, pharmacy, acupuncture, and health education services primarily to Seattle and King County's Asian and Pacific Islander communities.

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關於糖尿病，你應該知道些甚麼

什麼是糖尿病？

糖尿病是當人體無法製造或者無法使用胰島素時的一種身體狀態。胰島素幫助人體將糖（葡萄糖）轉作為能量。一旦你患了糖尿病，你的身體無法使用這種糖，造成葡萄糖一直積聚在血液中，引致你的身體血糖過高。

測試和診斷

任何超過45歲的人士都應該每三年進行一次糖尿病檢查。你的醫療機構會測量你血液當中糖（或者葡萄糖）的濃度。這一般是在上午，未進食的情況下進行的。如果你的血糖濃度在126或以上，醫生必須在另一日重復測試來確認對糖尿病的診斷。你也可以在其他的時間進行測試。這被稱作隨機血糖測試。但若兩次不同的結果都高過200，你的醫生就會診斷你患有糖尿病。一種叫作“糖化血紅素或HbA1c”的測試雖然會用來監測糖尿病，但不會被用來斷症。

血糖測試

糖尿病患者應該在家裏測試他們的血糖濃度，這樣他們可以知道如何通過鍛煉和健康飲食控制糖尿病。檢查血糖濃度來防止出現血糖過高（高血糖症狀）或者過低（低血糖症狀）是很重要的。掌握你的血糖情況將會有助於你和醫生討論病情以及安排你的護理方案。

每三個月進行一次的糖化血紅素 (HbA1c) 測試不能代替在家裏進行的血糖檢查。

低血糖和高血糖

低血糖表現為你的血糖濃度過低，一般在70以下。低血糖的症狀是：顫抖，頭昏，飢餓，出汗，易怒，焦慮，甚至出現視力模糊。它是由於服用藥物或者胰島素過量，進食過少或者運動量太大引起的。在對你認為是低血糖症狀進行治療之前，你應該先驗血。如果你的血糖濃度是70或以下，你應該遵循15:15規則。你應該進食15克的碳水化合物，15分鐘後再測量血糖，然後再重復，直到你的血糖濃度達到80以上。半杯果汁或者汽水，3粒葡萄糖藥片或者1杯脫脂牛奶都能提供15克的碳水化合物。

高血糖表現為血糖濃度過高。高血糖的症狀包括頻尿，口乾，嗜睡，頭痛和飢餓，一般是由於食過量，胰島素過少或者其他糖尿病藥物，疾病或壓力引起的。如果你的血糖連續數天維持在高水準，你必須打電話給你的醫生或護士。

疾病和精神壓力

疾病可以令血糖異常高或低。如果你患病，最重要是增加檢查血糖次數和約見醫生。如果你有嘔吐並且無法吞咽食物和流質，你應該馬上聯絡你的醫療機構。在沒有和你的醫生商量之前，不要停止服用治療糖尿病的藥物。

精神壓力也可以令血糖升高。家庭問題，工作，經濟困難，孤獨，親友去世或離異以及其他重大的人生轉變都可以導致精神壓力的產生。健康的飲食和大量的運動可以幫助舒緩精神壓力。有糖尿病的人患上抑鬱症的比普通人要多。抑鬱和悲傷本來是人生中難免的一部分，但如果持續下去，以至影響你同家人，同事及朋友相處，交流的能力，那麼尋求幫助就變得非常重要了。

與糖尿病共存：食物和體力活動

健康飲食，運動和注意體重都是控制糖尿病的重要方法。控制體重和合理飲食還可以幫助你控制膽固醇（血脂）和降低你的血壓。

為健康而飲食

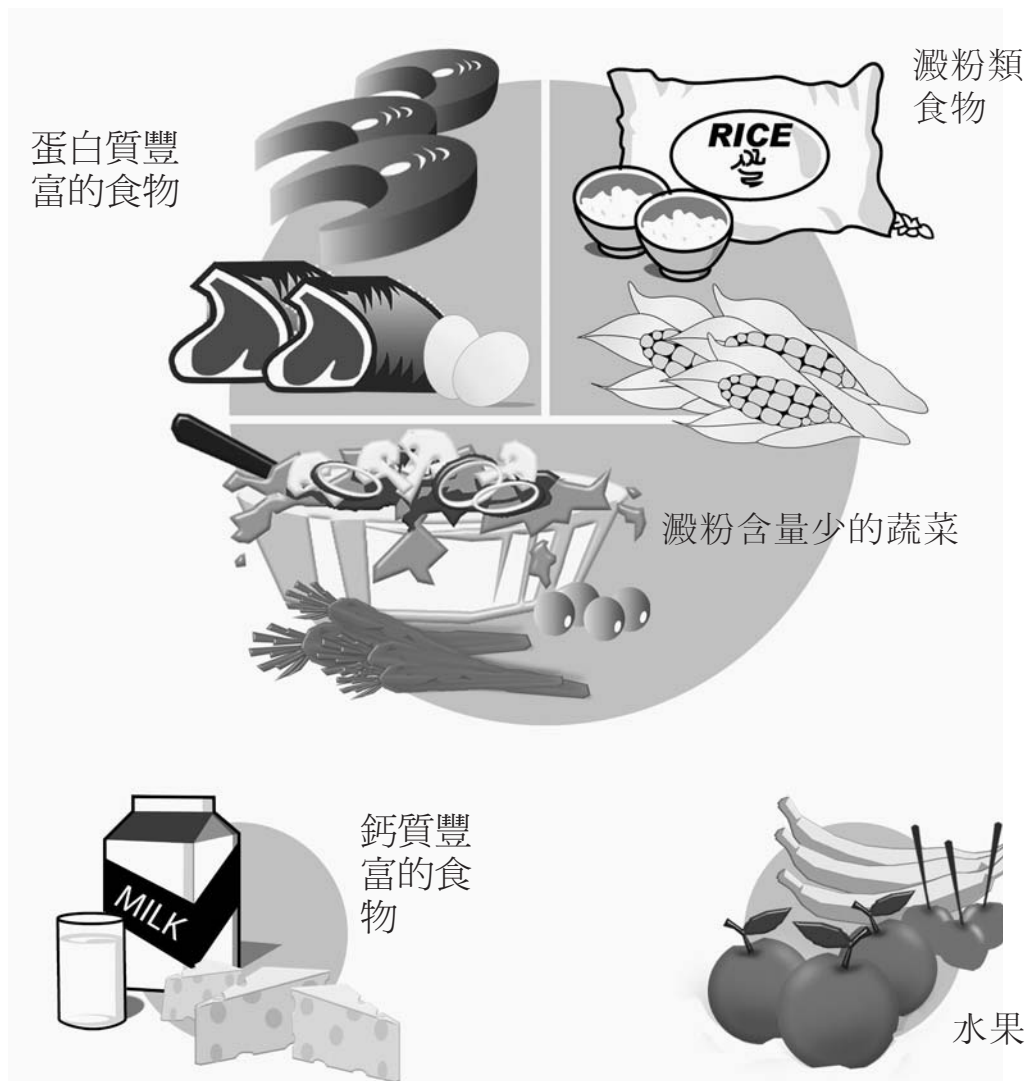
健康飲食基本的原則包括：

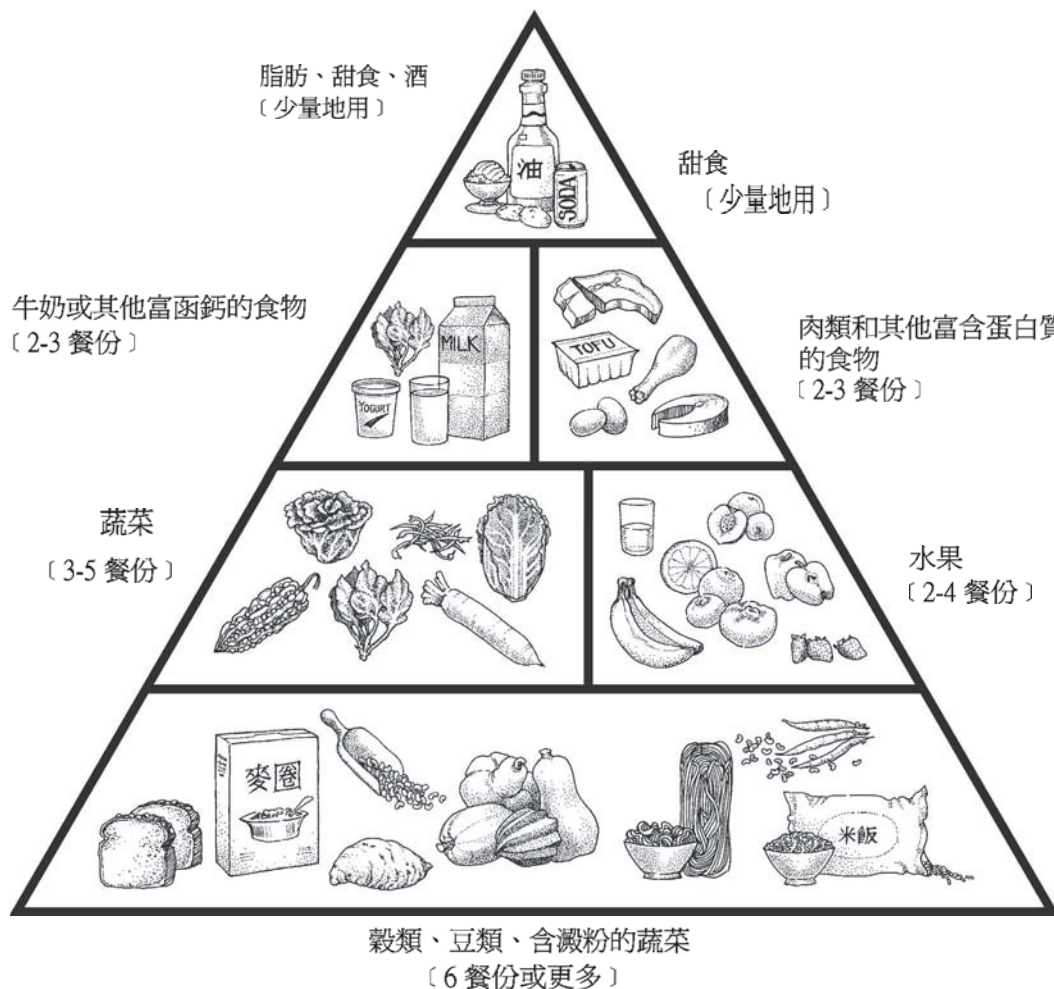
- 每天進食不同類的食物，確保你得到保持身體健康所需要的維他命及礦物質。
- 每天最少進食三次。
- 每天進食量相同。
- 每天都在大約相同的時間進食。
- 儘量不要錯過應有的正餐和小食。錯過正餐可能會導致之後進食過量亦可能引發低血糖。
- 如果你想減低體重，應該減少食物的份量。
- 進食高纖維的食物，如水果，青菜，穀物和豆類。
- 少進食添加的脂肪，糖和鹽。

含有碳水化合物和其他糖份的食物對你的血糖影響最大，控制每餐進食碳水化合物的份量。對於多數人來說，一杯米飯或麵條，一小薯仔（馬鈴薯）或甜薯，一杯煮熟的芋頭（芋奶）是很適合的膳食。

請試用《健康餐指南》

來平衡你的飲食





<http://www.metrokc.gov/health/REACH/diabeteschinese.pdf>

脂肪、甜食、酒
〔少量地用〕：

脂肪：

一餐份可以是：
1 ½ 茶匙芝麻醬
1 茶匙椰奶
1 茶匙菜油、牛油、
人造奶油或蛋黃醬
10 粒花生

水果

〔2-4 餐份〕
一餐份可以是：

1 個新鮮水果
½ 杯有汁罐頭水果
½ 杯果汁
¼ 杯水果乾

甜食：

一餐份可以是：
½ 杯冰淇淋
2 塊小甜餅乾

肉類和其他富含蛋白質
的食物

〔2-3 餐份〕

一餐份可以是：
2-3 安士熟瘦肉、雞或魚
1 個雞蛋
2 茶匙花生醬
6 安士軟豆腐或一般的豆腐
3 安士硬豆腐

蔬菜

〔3-5 餐份〕

一餐份可以是：

1 杯生的蔬菜
½ 杯熟蔬菜
½ 杯番茄汁或蔬菜汁

穀類、豆類、含澱粉的蔬菜
〔6 餐份或更多〕

一餐份可以是：

½ 杯飯
½ 杯蛋麵或米粉和麥圈
½ 杯熟麥片
½ 小圓麵包、英國鬆餅、漢堡或熱狗麵包
¾ 杯干麥片〔不含糖〕
½ 杯熟豆、扁豆、青豆或玉米
1 杯冬瓜
½ 杯番薯、甜薯
4-6 塊餅乾
1 個小馬鈴薯
1 片麵包
1 杯稀飯
¾ 杯飯、米粉或粉絲

牛奶或其他富函鈣的食物
〔2-3 餐份〕

一餐份可以是：
1 杯牛奶
1 杯酸奶酪
1 杯含鈣非甜豆奶
2 杯青菜

含豐富蛋白質的食物包括

牛肉，豬肉，雞肉和魚，扁豆和豆類，蛋，豆腐及堅果類。用少量的油來烹煮肉類：蒸，烤，炒，燒烤，煨或者烘烤肉類。在食用前將多餘的脂肪切除。扁豆和豆類的脂肪含量低，纖維含量高，是高脂肪肉類的良好替代品。有節制地進食如香腸，炸雞和貝殼類水產這些脂肪含量高的肉類。烹飪時使用少量的油。低溫煮食時用橄欖油 (olive oil)，而高溫熱炒就使用菜籽油 (canola oil)。

含豐富鈣質的食物包括

低脂或脫脂的牛奶和山羊奶，酸乳酪和芝士。鈣質的非奶類來源包括：椰菜（西蘭花），硬豆腐（老豆腐）（加鈣-留意包裝標籤），加料豆漿（維生素），米漿，綠葉蔬菜如：羽衣甘藍，白菜，甘藍和甜菜等，以及魚乾。

澱粉類食物

對血糖的影響最大。這些包括：米，麵條，麵包，麥片和含澱粉的蔬菜，如薯仔（馬鈴薯），山藥，甜薯，粟（玉）米和豆類。可能的話選擇全麥麵包，麥片和麵條。少進食高脂肪食物，如糕餅，餅乾，薯片和其他油炸小食（小吃）等。

健康的脂肪和油類包括

橄欖油，菜籽油和花生油這些脂肪事實上會保護你的心臟和幫助提升血液中“好”膽固醇 (HDL) 的含量。但脂肪和油類的熱量（卡路里）都高，所以在烹煮時，使用要有節制。

澱粉含量少的蔬菜

例如椰菜花，胡蘿蔔，白菜和其他綠色蔬菜的碳水化合物和糖份含量低。最好食用不同顏色的蔬菜，用少量油，蒸或者炒來保存各種維生素。

鹽和鹹的食物

會使血壓升高。醬油，蠔油和魚露（魚醬patis）含有大量的鈉。嘗試逐漸減少這些調味品的用量。增加薑，檸檬這些不含鹽份調味料的份量。

當你患有糖尿病時，你是否還可以飲酒是個該與你的醫生商量的重要問題。

活躍的生活方式能幫助你控制糖尿病：
遵守以下安全運動的基本原則：

- 慢慢開始來提昇你的體能，尤其當你已經很久沒有運動。
- 把目標定為每天運動最少30分鐘。如果需要你可以每次運動10分鐘，就能達到這個目標。
- 與朋友或者家人一起散步能令運動變得愉快。
- 將運動作為你每天的必須做的事情。
- 做能力所及和自己喜歡的事情。
- 散步是一種幾乎任何人都能做得到的運動方式。
- 最好的運動時間是在進食之後的1-2小時。在開始運動前要檢查你的血糖濃度。

糖尿病患者營養標籤指南

進食份量

標籤上面的營養資料，是每份食物的食物量。你實際進食的份量可能比一份多或少。假如你進食的份量比標籤上列明的多一倍，你要計算雙倍的營養和卡路里。如你只進食列明份量的一半，應該計算減一半的營養和卡路里來。

卡路里

你需要攝取多少卡路里，要看你的年齡、體重和運動量的大小。假如你正嘗試減肥或維持體重，你可以比較相似的食物，並選擇低卡路里的食物。

脂肪所含的卡路里

選擇脂肪含低卡路里的食物。

脂肪總量

這個數字顯示每份食物中有多少脂肪，包括有益的脂肪和其他不健康的脂肪。脂肪所含的卡路里比蛋白質或者碳水化合物都要高。如果你想減肥或保持體重，應該選擇脂肪較少的食物。

飽和脂肪 (Saturated fat) 和轉化脂肪 (Trans Fat) 會使血液中的膽固醇增加。一般來說這類脂肪的攝取量應限制每天20克內。

碳水化合物的總量

碳水化合物對血糖的影響最大。留意總碳水化合物的是多少克，而不單是糖有多少克。碳水化合物的總量由糖，複合性碳水化合物和纖維構成。通常是每餐進食約45至60克的碳水化合物。假如你只留意糖的含量，可能會錯過進食生果和牛奶類似的健康食品，因為它們含頗高的糖份，你也可能會進食過多麥片和穀類食物，這些食物並不含添加或天然的糖份，可是本身含大量的碳水化合物。

營養成份			
每一份量 (206公克)			
一罐進食份量計算 6			
每份含量：			
熱量 216	脂肪熱量 89		
每日許需% (百分比)*			
總脂肪 10公克	15%		
飽和脂肪 2公克	10%		
膽固醇 169毫克	55%		
鈉 1059毫克	45%		
碳水化合物 7公克	2%		
纖維質 0公克	0%		
糖份 0公克			
蛋白質 25公克			
維他命 A 20%	維他命 C	55%	
鈣 4%	鐵	10%	
*每日所需 % (百分比) 是依照每日總熱量消耗2000卡為基礎,可依個人熱量需求而自行增減。			

纖維

纖維是植物食品沒有被消化的那部份。多數的人每天需要二十五至三十克的纖維。好的纖維食品來源，要含有至少五克的纖維。如果每份食物裡有五克或者超過五克的纖維，你可以從碳水化合物的總克數當中減去纖維的克數。

鈉

鈉並不影響血糖的濃度，但卻可以影響血壓。多數人每天應進食兩千四百四十毫克或者少過這一分量的鈉。如果你有高血壓，也許喫少些鈉會有幫助。

每日所需標準百分比 (% DV)

顯示每份食物當中，各種營養成份所佔每日需求量（按每天兩千卡路里計算）的百分比。一種食品，標準百分比 (%DV) 達到百分之十至十九，就是高值的營養來源。如果可以達到百分之二十或以上，營養價值就非常高。要吃得更健康，就選擇那些脂肪，飽和脂肪，膽固醇和鈉佔每日所需標準百分比低的食物。食物中某種營養素的含量為百分之五或者更低，那種營養素含量就太低。每天，最好能達到百分之百 DV 的纖維質，維他命和礦物質。

換算表	
美國的計量	公制單位
四分之一茶匙	一又四分之一毫升(cc)
二分一茶匙	二又二分之一毫升(cc)
一茶匙	五毫升(cc)
一湯匙 (三茶匙)	十五毫升(cc)
四分之一杯	六十毫升(cc)
三分之一杯	七十五毫升(cc)
二分之一杯	一百二十五毫升(cc)
四分之三杯	一百七十五毫升(cc)
一杯 (十六湯匙)	二百四十毫升(cc)

WHAT YOU SHOULD KNOW ABOUT DIABETES

What is Diabetes?

Diabetes is a condition where the body does not produce or properly use insulin. Insulin helps the body use sugar (glucose) for energy. When you have diabetes, your body is unable to use this sugar and so it stays in the blood stream. As a result, your body has high levels of sugar.

Blood Sugar Monitoring

People with diabetes should check their blood sugar at home to help them understand how to control diabetes through exercise and healthy eating. It is important to check blood sugars to prevent either too high (hyperglycemia) or too low (hypoglycemia) blood sugars. Knowing your blood sugar will also help you to discuss your diabetes with your doctor and plan your care. An HbA1c test every three months is not a substitute for checking blood sugars at home.

Hypoglycemia and Hyperglycemia

Hypoglycemia means that your blood sugar is too low. Symptoms of hypoglycemia are shakiness, dizziness, hunger, sweating, irritability, anxiousness, and even blurred vision. It may result from too much medication or insulin, too little food, or too much exercise. Before treating what you think is low blood sugar, you should always test your blood. If your blood sugar is 70 or below, you should follow the 5:15 rule: eat about 15 grams of carbohydrate, wait 15 minutes, test your blood sugar, and then repeat until your blood sugar is above 80. Fifteen grams of carbohydrate is found in a half glass of juice or regular soda, 3 glucose tablets, or a cup of nonfat cow's milk.

Hyperglycemia means that your blood sugar is too high. The symptoms of hyperglycemia are frequent urination, extreme thirst, sleepiness, headache, and hunger. Hyperglycemia is usually the result of too much food, too little insulin or other diabetes medication, illness, or stress. If your blood sugar remains very high for several days, call your doctor or nurse.

Illness and Stress

Illness can cause blood sugars to be abnormally high or low. If you are ill, it is important to check blood sugars more often and call your doctor. If you are

vomiting and unable to keep food or fluids down, you should contact your provider immediately. Do not quit taking your diabetes medications without talking to your doctor first.

Stress can also raise blood sugar. Stress can be caused by family problems, work, money difficulties, loneliness, death or divorce, and other major life changes. Eating a healthy diet and getting plenty of exercise can help relieve stress. Depression is more common in people with diabetes than in the general population. Depression and sadness can be normal parts of life, but if it continues and interferes with your ability to interact with family, work, and friends, it is important to seek help.

Living with Diabetes: Food and Physical Activity

Healthy eating, exercise, and weight management are important ways to control your diabetes. Managing your weight and eating right will also help you control your cholesterol (blood fats) and lower your blood pressure.

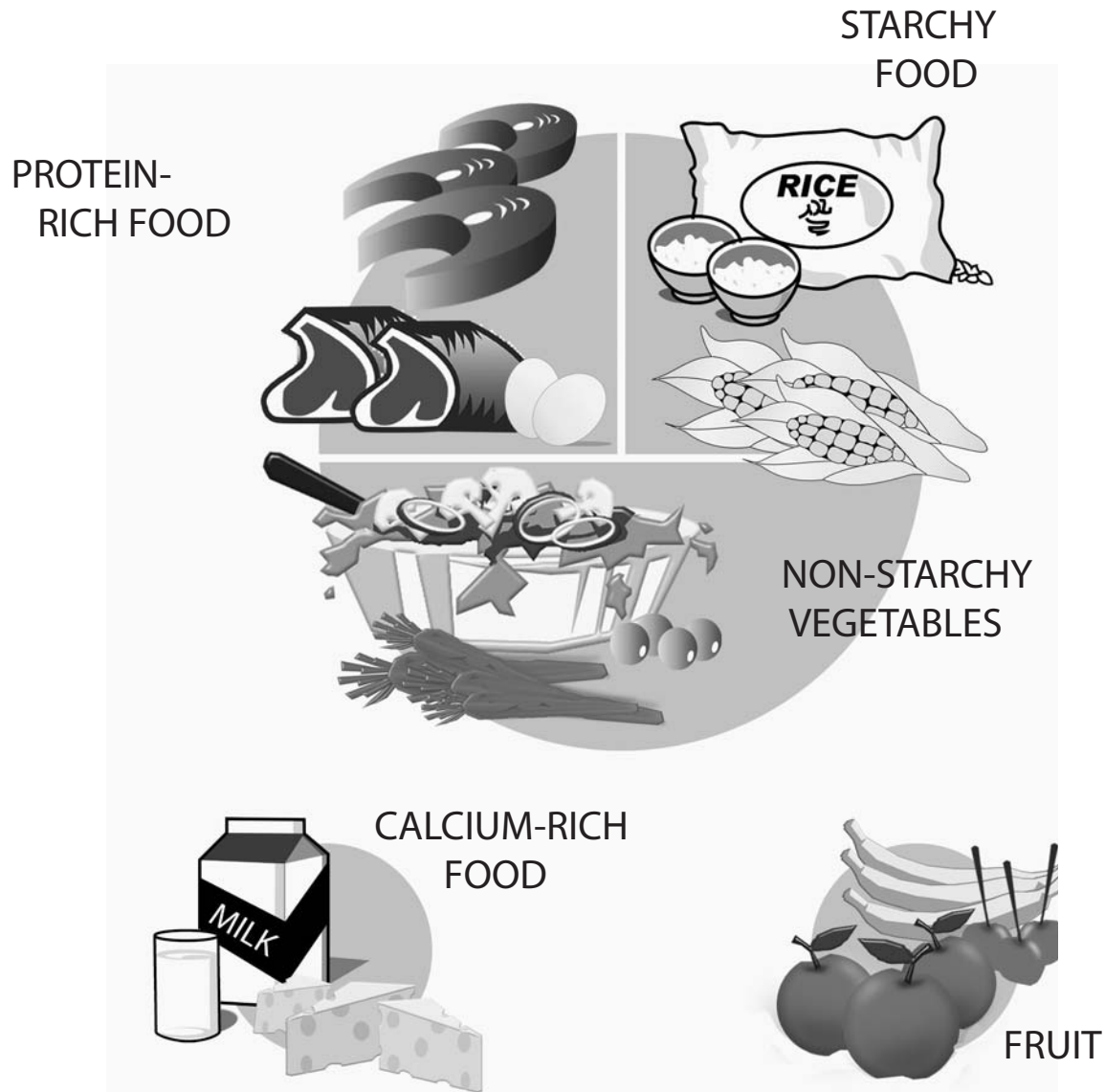
Eating for Health

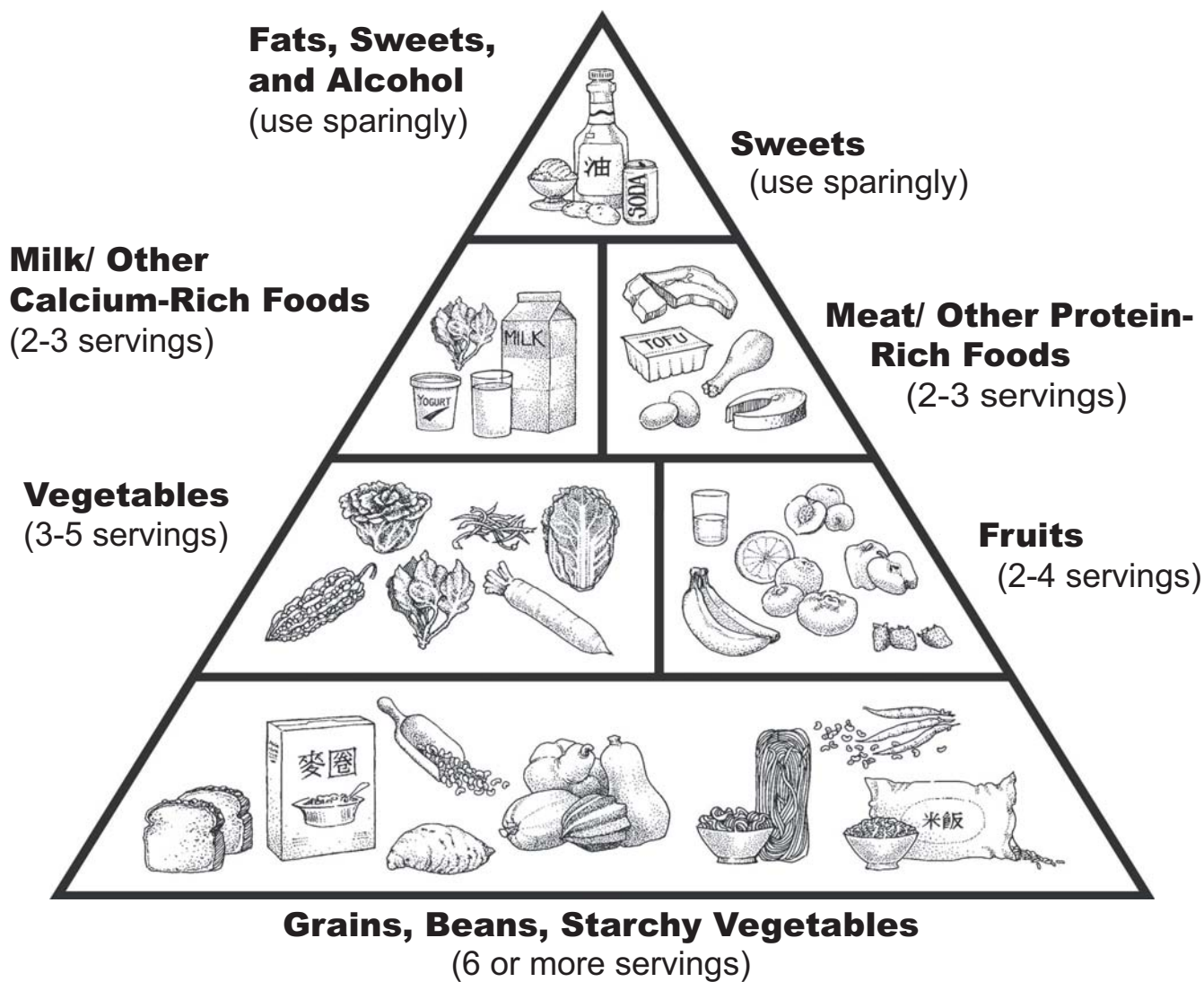
Basic guidelines for healthy eating include:

- Eat a variety of foods from the different food groups every day to make sure you are getting the vitamins and minerals you need for health.
- Eat at least 3 times each day.
- Eat about the same amount of food each day.
- Eat at about the same time every day.
- Try not to skip meals or snacks. Skipping meals may lead to overeating later. Skipping meals may also lead to low blood sugars.
- If you want to lose weight, cut down on the amount of food or your portion size.
- Eat high-fiber foods, such as fruits, vegetables, grains, and beans.
- Use less added fat, sugar, and salt.

Foods that contain carbohydrate and other sugars have the greatest effect on your blood sugar. Control how much carbohydrate you eat at each meal. One cup of rice or noodles, a small potato or sweet potato, or 1 cup of cooked taro is a good serve sizing size for most people.

Try eating using the
“Healthy Plate Method”
to balance your food intake.





<http://www.metrokc.gov/health/REACH/diabeteschinese.pdf>

FATS - A serving can be:

- 1½ tsp. sesame paste
- 1 tbsp. coconut milk
- 1 tsp. vegetable oil, butter
margarine or mayonnaise
- 10 peanuts

FRUIT - A serving can be:

- 1 small fresh fruit
- 1/2 cup canned fruit in juice
- 1/2 cup fruit juice
- 1/4 cup dried fruit

VEGETABLES - A serving can be:

- 1 cup raw vegetables
- 1/2 cup cooked vegetables
- 1/2 cup tomato or vegetable juice

MEAT/ OTHER PROTEIN-RICH FOODS - A serving can be:

- 2 - 3 oz. cooked lean meat,
poultry or fish
- 1 egg
- 2 tbsp. peanut butter
- 6 oz. soft/regular tofu
- 3 oz. firm tofu

MILK/OTHER CALCIUM-RICH FOODS - A serving can be:

- 1 cup cow's milk
- 1 cup yogurt
- 1 cup calcium-fortified soymilk
- 2 cups Chinese greens

GRAINS, BEANS, STARCHY VEGETABLES - A serving can be:

- 1/3 cup cooked rice
- 1/3 cup cooked rice with barley
- 1/2 cup cooked beans
- 1 cup of squash/ pumpkin
- 1/3 cup of sweet potato
- 1/2 cup noodles
- 1 slice of bread
- 3/4 cup dry cereal (unsweetened)
- 1 small potato
- 1 oz. rice cakes

SWEETS - A serving can be:

- 1/2 cup ice cream
- 2 small cookies

Protein-rich foods include beef, pork, chicken, and fish, beans and legumes, eggs, tofu, and nuts. Cook meats in low fat ways: steam, grill, stir fry, roast, broil, or bake meats. Trim excess fat before eating. Beans and legumes are low in fat and high in fiber and are good substitutes for higher fat meat products. Limit high fat meats such as sausage, fried chicken and shellfish. Cook with small amounts of fat. Use olive oil for low-heat cooking and canola oil for higher heat stir frying.

Calcium-rich foods include low fat or non-fat cow's and goat's milk, yogurt, and cheese. Non-dairy sources of calcium include broccoli, firm tofu that has been calcium-set (read the label), fortified soy and rice milk, and leafy greens such as collards, bok choy, kale, and chard, and dried fish.

Starchy foods have the greatest impact on blood sugars. They include rice, noodles, bread, cereals, and starchy vegetables such as potatoes, yams, sweet potatoes, corn and beans. Choose whole grain bread, cereals, and noodles when possible. Eat high fat and sugar foods such as pastries, biscuits, chips and other fried snacks less often.

Healthy fats and oils include olive, canola, and peanut oil. These fats are actually protective for your heart and help raise your "good" cholesterol, or HDL. But fats and oils are high in calories and so it is a good idea to limit the amount you use in and on foods.

Non-starchy vegetables such as broccoli, carrots, bok choy, and other greens are low in carbohydrate and sugars. Eat a variety of these vegetables. Steam or stir fry to retain vitamins. Use small amounts of oil.

Salt and salty foods can raise blood pressure. Soy, oyster, and fish sauces (patis) are very high in sodium. Try to slowly decrease the amount you use to prepare and season food. Increase the amount of other non-salty seasonings you use such as ginger, lemon.

Whether or not you can drink alcohol safely with your diabetes is an important matter to discuss with your doctor.

An active lifestyle can help you control your diabetes. Follow these basic guidelines for safe exercise:

- Start slowly and build up your energy level, especially if you have not exercised much in the past.
- Aim for at least 30 minutes of exercise each day. You can meet this goal by exercising in 10-minute blocks of time if you need to.
- Make exercise enjoyable by walking with a friend or family member.
- Make exercise a part of your daily routine
- Do what you are able and what you enjoy
- Walking is one form of exercise that almost everyone can do.
- The best time to exercise is 1-2 hours after a meal. Check your blood sugar before you begin.

Diabetes Nutrition Facts Label Guide

Serving Size

The nutrition information on the label reflects the amount of food shown in the serving size. The amount that you choose to eat may be larger or smaller than this serving. If you eat double the serving size listed, you will need to double the nutrient and calories. If you half the size shown, cut the nutrient and calories information in half.

Calories

The amount of calories you need to eat depends on your age, weight, and activity level. If you are trying to lose weight or maintain your weight, you can use the calorie information to compare similar products and choose the one with fewer calories.

Calories from Fat

Choose foods with a greater difference between the total number of calories and the number of calories from fat.

Total Fat

This number tells you how much fat is in each serving. It includes fat that is good for you and other not so healthy fats. Fat has more calories than protein or carbohydrate. If you are trying to lose or maintain weight, choose foods with less fat. Saturated and *trans* fats raise blood cholesterol. Most people should limit these types of fat to less than 20 grams a day.

Total Carbohydrate

Carbohydrates have the greatest effect on blood sugar. Look at the grams of total carbohydrate, rather than the grams of sugar. Total carbohydrate includes sugar, complex carbohydrate, and fiber. Most people should plan for about 45-60 grams

NUTRITION FACTS			
Serving size 1 piece (206g)			
Servings Per Container 6			
Amount Per Serving			
Calories 216	Cal. from Fat 89		
% Daily Value*			
Total Fat 10g			15%
Saturated Fat 2g			10%
Cholesterol 169mg			55%
Sodium 1059mg			45%
Total Carbohydrate 7g			2%
Dietary Fiber 0g			0%
Sugars 0g			
Protein 25g			
Vitamin A 20%		Vitamin C 55%	
Calcium 4%		Iron 10%	
*Percent Daily Values is based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.			

of carbohydrate per meal. If you only look at the sugar number, you may end up excluding healthy foods such as fruit and milk because they are high in sugar. You might also overeat foods such as cereal and grains that have no added or natural sugar, but do have a lot of carbohydrate.

Fiber

Fiber is the part of plant foods that is not digested. Most people need 25-30 grams daily. Foods that have at least 5 grams of fiber per serving are good sources. If a food has 5 grams or more per serving, you can subtract it from the total grams of carbohydrate.

Sodium

Sodium does not affect blood sugar levels, but it can affect blood pressure. Most people should eat 2400mg or less each day. If you have high blood pressure, it may be helpful to eat less.

Percent Daily Values (% DV)

It shows how the amounts of nutrients in each serving fits into an average diet of 2000 calories per day. A food is a good source of a nutrient if one serving provides 10-19% of the DV. It is a very good source if it provides 20% or more. To eat healthier foods, choose foods with a low %DV for fat, saturated fat, cholesterol, and sodium. Foods with 5% or less of a nutrient are considered low in that nutrient. Over a day, aim for 100% DV for fiber, vitamins, and minerals.

CONVERSION CHART	
U.S.	Metric
1/4 teaspoon (tsp)	1 1/4 ml (cc)
1/2 tsp	2 1/2 ml (cc)
1 tsp	5 ml (cc)
1 tablespoon (tbsp)	15 ml (cc)
1/4 cup	60 ml (cc)
1/3 cup	75 ml (cc)
1/2 cup	125 ml (cc)
3/4 cup	175 ml (cc)
1 cup	240 ml (cc)

頭盤和配菜

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牛肉沙律（越南風味）



供五人食用

材料：

牛柳 半磅 切薄片
白洋蔥 半杯 剝碎
砂糖 1茶匙
魚露 3茶匙
捲心包心菜 1磅 洗淨並切好
新鮮薄荷葉 1/4杯 剝碎
橄欖/芥花籽油 2茶匙
檸檬 1/4個

製法：

用易潔鑊（不粘煎鍋），把油燒熱，將牛肉薄片用油炒熟，改用中火約三分鐘，加入半茶匙糖和一茶匙魚露，和牛肉炒 1分鐘，然後關火。

將剝碎的捲心包心菜和薄荷葉放入一個調配碗裏，淋上檸檬汁和剩下的糖一起拌勻。

放入牛肉和湯汁，把剩餘的二茶匙魚露放入碗裏攪勻，即可食用。

營養資料

卡路里 122，蛋白質 10克，碳水化合物 8.5克，纖維質 3克，
全脂肪 5克，飽和脂肪 1.1克，膽固醇 27毫克，鈉 323毫克。

BEEF SALAD – Vietnamese



Serves 5

Ingredients:

- ½ pound round steak beef, *sliced thin*
- ½ cup white onion, *chopped*
- 1 teaspoon granulated sugar
- 3 teaspoon fish sauce
- 1 pound iceberg lettuce or cabbage, *cleaned and chopped*
- ¼ cup fresh mint leaves, *chopped*
- 2 teaspoon olive/canola oil
- ¼ large lemon

Directions:

In non-stick pan, heat oil. Sauté sliced beef in oil until cooked, approximately 3 minutes on medium heat.

Stir ½ teaspoon sugar and 1 teaspoon fish sauce into beef – let cook for 1 minute then remove pan from stove.

Put chopped lettuce (or cabbage) and mint in mixing bowl – squeeze in juice from lemon and stir in remaining sugar.

Add beef and remaining 2 teaspoons fish sauce – mix and serve.

Nutrition Information:

122 calories, 10 grams protein, 8.5 grams carbohydrates, 3 grams fiber, 5 grams total fat, 1.1 grams saturated fat, 27 mg cholesterol, 323 mg sodium.

苦瓜沙律 (菲律賓風味)



供四人食用

材料：

苦瓜(小) 4個 (約十二安士 (盎司)/三百五十克) 去籽切片
鹽 1湯匙
蔥 5棵 切碎
菲律賓鹹蝦仔 1湯匙
番茄 2個 (中等大小) 切片
指天椒 5個 切碎
菲律賓卡拉曼斯檸檬汁 (或新鮮青檸檬或檸檬汁) 1茶匙

製法：

在苦瓜上撒鹽，放在濾器裏三十分鐘瀝乾水份。將鹽份洗掉，再用吸水紙將多餘的水份除去。清洗數次，以減少鈉的含量。

將苦瓜和其他的材料放在一個大拌碗裏拌勻。待十分鐘讓香味散出即可食用。

註：苦瓜可以在亞洲雜貨店裏的鮮蔬菜攤位買到。

經作者同意，根據 Periplus Editions 出版的由 Reynaldo G. Alejandro 編寫的《正宗菲律賓菜譜》“*Authentic Recipes from the Philippines*”改編。 www.tuttlepublishing.com。

營養資料

卡路里 40, 蛋白質 1.5克, 碳水化合物 9克, 纖維質 2.4克.

BITTER MELON SALAD – *Filipino*



Serves 4

Ingredients:

- 4 small bitter melons (about 12 oz./350 g.), *seeded and sliced*
- 1 tablespoon salt
- 5 shallots, *sliced*
- 1 tablespoon fermented baby shrimp (bagoong alamang)
- 2 medium tomatoes, *sliced*
- 5 red bird's eye chilies, *sliced (optional)*
- 1 tablespoon lime juice (or fresh lime or lemon juice)

Directions:

Sprinkle bitter melon with salt and drain in colander for 30 minutes. Rinse off salt and pat melon slices with paper towels to remove excess moisture. Rinse very well several times to reduce amount of sodium.

In large mixing bowl, toss melon slices with remaining ingredients. Let mixture stand for 10 minutes to bring out flavors, then serve.

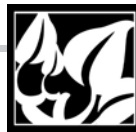
NOTES: Bitter melon can be purchased in fresh produce section of Asian grocery stores.

Adapted with permission from "*Authentic Recipes from the Philippines*" by Reynaldo G. Alejandro, Periplus Editions, www.tuttlepublishing.com.

Nutrition Information:

40 calories, 1.5 grams protein, 9 grams carbohydrates,
2.4 grams fiber.

南瓜鷄湯 (菲律賓風味)



供五人食用

材料:

芥花籽油 2湯匙
洋蔥 1/3杯 切碎
鷄胸肉 (無皮, 無骨) 1磅
水 3至4杯
番茄 2個 (中等大小) 剝碎
南瓜 4杯 去皮, 切片
南瓜蒂 (葉子) 或菠菜 6片
清淡的椰奶 半杯 加脫脂奶半杯
青椒 1個 切好
檸檬汁 3湯匙
鹽 小許

製法:

南瓜蒂洗淨, 切成一寸方件.

放油用小火炒洋蔥.

放已切成一寸大小鷄肉, 炒均, 約十分鐘, 不要蓋蓋子, 加入水, 檸檬汁和鹽.

待湯汁煮滾後將火收小, 蓋上. 燉十五分鐘, 放入番茄, 南瓜, 青椒和南瓜蒂再燉五分鐘.

放入椰奶和脫脂奶.

燒滾時離火. 趁熱食用.

營養資料

卡路里 298, 蛋白質 31克, 碳水化合物 13克, 纖維質 2克,
全脂肪 14克, 飽和脂肪 6克, 膽固醇 77毫克, 鈉 298毫克.



若要減低脂肪, 可用“清淡”椰奶或完全不用椰奶只用脫脂奶也可.

CHICKEN AND PUMPKIN SOUP - *Filipino*



Serves 5

Ingredients:

2 tablespoons canola oil
1/3 cup chopped onions
1 pound skinless, boneless, chicken breasts
3 - 4 cups water
2 medium tomatoes, *chopped*
4 cups sliced and peeled pumpkin
6 pumpkin tips (leaves), or spinach
1/2 cup light coconut milk + 1/2 cup nonfat milk
1 green pepper, *sliced*
3 tablespoons lemon juice
salt, *to taste*

Directions:

Wash pumpkin tips, chop into 1-inch pieces.

Saute onion in oil. Cut chicken into 1-inch pieces and add to onion. Cook about 10 minutes, uncovered. Add water, lemon juice and salt. Bring to boil, then lower heat and cook 15 minutes, covered.

Add tomatoes, pumpkin, green pepper and pumpkin tips. Cook 5 more minutes.

Add coconut milk/nonfat milk mixture. When mixture comes to a boil, remove from heat. Serve hot.

Nutrition Information:

298 calories, 31 grams protein, 13 grams carbohydrates, 2 grams fiber, 14 grams total fat, 6 grams saturated fat, 77 mg cholesterol, 298 mg sodium.



COOKING TIP! To reduce fat even further, use “light” coconut milk or consider omitting and using nonfat milk only.

鷄粥（越南風味）



供十人食用
二杯等於一份

材料：

鷄 1隻 剝成鷄塊（或用兩份鷄胸肉）
白洋蔥 半個 剝皮，切碎
絲苗大米 1杯
調味鹽或椒鹽（無味精） 1茶匙
鹽 1茶匙
糖 3茶匙
魚露 半杯
橄欖油或芥花籽油 2茶匙
乾洋蔥 ¼杯 切碎

湯底製法：

將鷄和切好的洋蔥放入一個大湯鍋裏，用 12杯水或更多的水來浸過鷄肉。用大火燒開後，改用小火煮，蓋上。

如用鷄胸肉，煮半小時將雞胸肉取出，留湯底。

如用的整隻鷄，半小時後取出鷄胸肉，放在一旁。讓剩下的鷄繼續煮三十到四十五分鐘。

如有泡沫或油浮湯面上，除去。

關火，取出剩下的鷄件。

鷄的製法：

如果用鷄胸肉，待冷後，去皮。撕碎。

如果用整隻鷄，待冷後，去皮，撕碎。

將易潔鑊（不粘鍋）燒熱，放2茶匙油，放入 ¼杯切碎的乾洋蔥，翻炒直至呈現金黃色。經常攪動，不要燒焦。

放入撕碎的鷄肉，椒鹽，1茶匙糖，拌勻，炒約三至五分鐘。

CHICKEN RICE PORRIDGE – Vietnamese



10 servings
2 cups = 1 serving

Ingredients:

- 1 whole uncooked chicken *cut up in pieces (or use 2 whole chicken breasts)*
- ½ large white onion, *peeled and chopped*
- 1 cup uncooked long grain white rice
- 1 teaspoon seasoning salt *without MSG*
- 1 teaspoon salt
- 3 teaspoon sugar
- ½ cup fish sauce
- 2 teaspoons olive or canola oil
- ¼ cup chopped dry onion (*found in spice section*)

Direction for broth:

Place chicken and chopped onion in large stock pot. Add 12 cups water to cover: (may need to add more water to cover the chicken). Bring to a boil, reduce heat to simmer and cover pot.

If only using chicken breast, let simmer ½ hour then remove chicken and save broth.

If using whole chicken, remove breast after ½ hour and set aside. Leave remaining chicken to simmer another ½ hour to 45 minutes. If foam or fat float to top of broth, skim and remove. Turn off heat, remove remaining chicken pieces and save broth.

Directions for chicken:

After allowing chicken to cool, peel skin off and throw away. Shred chicken meat.

Pour 2 teaspoons oil in non-stick pan and heat until begins to smoke. Add ¼ cup chopped dry onion and stir-fry until golden. Stir often - do not allow to burn.

Mix in shredded chicken, seasoning salt and 1 teaspoon sugar. Stir-fry about 3-5 minutes.



米粥製法：

大鍋裏放入 9杯水，燒開。（一個大呎碼的易潔鍋（不粘鍋）最好）放入生米和鹽攪動。

將火收到中或中低火，不停攪動，有時米會粘在鍋底。米會越煮越濃（稠），煮約四十五分鐘至適合粥的稀濃（粘稠）度為止。

將留起來的鷄湯倒入米粥裏。如果妳喜歡濃（稠）的，就倒少點。

將火開大讓米粥再次燒滾，繼續攪動，放魚露，二茶匙糖和鷄以及燒好的乾洋蔥。

食用時，按口味加黑胡椒粉來調味。如喜歡的話，用切碎的大蔥和芫荽作裝飾。

營養資料

卡路里 211，蛋白質 12克，碳水化合物 18克，全脂肪 9.3克，
飽和脂肪 2.5克，膽固醇 52毫克，鈉 326毫克。



Directions for the rice porridge:

Bring 9 cups water to boil in large pot (non stick works best). Add uncooked rice, salt and stir.

Reduce heat to medium or medium low and simmer. Check and stir frequently - rice thickens as it cooks and may stick to pan bottom.

Simmer about 45 minutes until it's the consistency of thick soup.

Add reserved chicken broth to rice soup. If you want thicker soup, use less broth. Increase heat to bring back to a boil.

Stir in fish sauce, 2 teaspoons sugar and mixture of chicken and onion.

Serving suggestion: May season to taste with black pepper. If desired, garnish with chopped green onion and cilantro.

Nutrition Information:

211 calories, 12 grams protein, 18 grams carbohydrates, 9.3 grams total fat, 2.5 grams saturated fat, 52 mg cholesterol, 326 mg sodium.

鷄沙律 (越南風味)



供十人食用

材料：

去皮鷄胸肉 1磅
包心菜 (green cabbage) 1.5 至 2磅
乾洋蔥 ¼杯 切好
芫荽(或中國西芹) 半杯 切好
檸檬 (大)1個
糖 1茶匙半
調味鹽或椒鹽 (無味精) 1茶匙
鹽 1茶匙
橄欖油或芥花籽油 2茶匙
黑胡椒粉 少許

製法：

將鷄胸放入煎鍋，加水浸過鷄胸肉，煮熟後，將鷄胸肉撕成條狀。

將高麗菜洗淨，然後切成半吋寬的條狀，放入大調配碗裏，加鹽和檸檬汁攪拌，稍後十分鐘讓味道均勻。

同時用易潔鑊 (不粘鍋)，把油燒熱，炒乾洋蔥至金黃色。(注：炒乾洋蔥時一定要不斷的攪動不然的話會很容易燒焦。必要時將鍋拿開來避免燒焦)。

一旦乾洋蔥變成了金黃色，放入撕好的鷄胸肉攪動。放入一茶匙的糖，椒鹽和撒上黑胡椒粉，均勻地攪拌，用小火加熱五分鐘。

將高麗菜裏所有多餘的水份擠掉，在一個大調配碗裏，將高麗菜，半茶匙糖拌好的鷄肉和切碎的芫荽攪拌在一起。

如喜歡的話，用易潔鑊 (不粘鍋)焙 ¼杯芝麻，食用前和沙律拌在一起。

營養資料

卡路里 100，蛋白質 12.5克，碳水化合物 10克，全脂肪 3.5克，飽和脂肪少於 1克，膽固醇 26毫克，鈉 169毫克。

CHICKEN SALAD – Vietnamese



Serves 10

Ingredients:

- 1 pound skinless chicken breast
- 1½ - 2 pounds green cabbage
- ¼ cup dry onion, *chopped*
- ½ cup chopped fresh cilantro or Chinese parsley
- 1 large lemon, *juiced*
- 1½ teaspoon sugar
- 1 teaspoon seasoning salt *without MSG*
- 1 teaspoon salt
- 2 teaspoon olive or canola oil
- ground black pepper

Directions:

Put chicken breast into pan, cover with water and bring to a boil. When finished cooking, allow to cool, then shred breast meat.

Clean and cut cabbage into strips ½ inch wide and put in large mixing bowl. Stir in regular salt, lemon juice and let sit 10 minutes for flavors to blend.

Meanwhile, in non-stick pan, heat oil until hot. Stir in dried chopped onions and sauté until golden, stirring continuously to prevent burning. You may need to remove pan from heat while sautéing to prevent burning.

Once onions have turned golden, stir in shredded chicken, 1 teaspoon sugar, seasoning salt and a sprinkle of black pepper. Mix evenly and let sit 5 minutes over low heat.

Squeeze any excess water out of cabbage. In large mixing bowl, mix together cabbage, ½ teaspoon sugar, chicken mixture and chopped cilantro.

If desired, roast ¼ cup sesame seeds in non-stick pan and mix into salad immediately before serving.

Nutrition Information:

100 calories, 12.5 grams protein, 10 grams carbohydrates, 3.5 grams total fat, < 1 gram saturated fat, 26 mg cholesterol, 169 mg sodium.

青芒果沙律 (柬埔寨風味)



供六人食用

材料：

辣椒醬 1湯匙
花生醬 (有碎花生粒的) 1湯匙
魚露 1茶匙
青檸檬 1個 榨汁
魚粉 (或乾蝦粉) 1湯匙
青芒果去皮和切成細條 1個
青番茄 (或未熟的紅番茄, 亦稱西紅柿) 1個 切成小楔子型
小蔥 2棵 切絲
英國青瓜1個 (英國小黃瓜) 切絲
鹽和胡椒粉 適量

裝飾

紅燈籠椒 1個去籽和莖, 細細剁碎.
新鮮九層塔 (或薄荷葉) 剁碎.

製法：

大蔥 1棵剁碎.

紅燈籠椒 1個去籽和莖, 細細剁碎.

新鮮九層塔 (或薄荷葉) 剁碎.

將辣椒醬, 花生醬, 魚露, 青檸檬汁和魚粉混合在一起. 混合芒果, 番茄, 小蔥和小青瓜一起拌勻. 按自己口味加鹽和胡椒粉.

用大蔥碎, 辣椒, 九層塔裝飾.

營養資料

卡路里 62, 蛋白質 2克, 碳水化合物 12克, 纖維質 2.3克, 全脂肪 1.6克, 鈉 409毫克.

GREEN MANGO SALAD – *Cambodian*



Serves 6

Ingredients:

- 1 tablespoon chili paste
- 1 tablespoon chunky peanut butter
- 1 teaspoon fish sauce
- 1 whole lime, *juiced*
- 1 tablespoon fish powder (*or dried shrimp powder*)
- 1 green mango, *peeled and julienned*
- 1 green tomato (or firm, unripe red tomato), *sliced into thin wedges*
- 2 shallots, *sliced thin*
- 1 English cucumber, *sliced thin*
- salt and pepper *to taste*

Garnish:

- 1 stalk green onion, *chopped*
- 1 whole red bell pepper, *stemmed, seeded and finely chopped*
- fresh basil (or mint), *chopped*

Directions:

Combine chili paste, peanut butter, fish sauce, lime juice and fish powder. Toss with mango, tomato, shallots and cucumber. Add salt and pepper to taste.

Garnish with green onion, peppers and basil. Serve.

Nutrition Information:

62 calories, 2 grams protein, 12 grams carbohydrates, 2.3 grams fiber, 1.6 grams total fat, 409 mg sodium.

大蔥煎餅 (Pa Jun) (韓國風味)



六份煎餅

材料：

義大利瓜 (zucchini) 2¾ 杯 切成長條狀
蔥 5棵 切成2吋長
中國韭菜 1杯半切成二吋長
麵粉(未漂白) 2杯半
蛋白 2二份
胡椒粉 適量
水 3杯
墨西哥辣椒 (jalapeno pepper) 1個剝碎
油 1湯匙

沾醬：

低鈉醬油 3湯匙
醋 1湯匙
檸檬 1個，榨汁 (或鳳梨汁，又稱菠蘿汁)

製法：

將大蔥，義大利瓜，中國韭菜和麵粉放在一個大碗裏，加蛋白，鹽，胡椒粉和水攪拌。麵團的粘度應該達到適合做煎餅的程度，隨喜好可加墨西哥辣椒。

用一個大的易潔鑊 (不粘鍋)，放油，用大火燒熱，把麵團放進去，攤開壓平至大約八吋直徑的麵餅。改用中火，每面煎一分半鐘，至呈現金黃色為止。

把醬油，醋和檸檬汁放在一個碗裏調勻，製成沾醬。

把煎餅切成楔狀，與沾醬一起食用。

營養資料

卡路里 258，蛋白質 10克，碳水化合物 47克，纖維 3克，全脂肪 3.5克，飽和脂肪少於 1克，鈉 325毫克。

GREEN ONION PANCAKES (Pa Jun) – Korean



Makes 6 pancakes

Ingredients:

2¾ cup zucchini, julienned (*cut into long, even strips*)
5 stalks green onion, *cut lengthwise into 2-inch strips*
1½ cups Chinese or garlic chives, *cut into 2-inch strips*
2½ cups unbleached white flour
2 egg whites
salt and pepper *to taste*
3 cups water
1 jalapeno pepper, *chopped (optional)*
1 tablespoon oil

Dipping Sauce:

3 tablespoons low sodium soy sauce
1 tablespoon vinegar
1 lemon, *juiced* (or pineapple juice)

Directions:

Add green onion, zucchini, Chinese chives and flour in large bowl. Add egg whites, salt and pepper to taste. Add water and mix. The mixture should be consistency of pancake batter. Add jalapeno, if desired.

In large nonstick pan, add oil and heat on high. Add batter to spread into 8-inch diameter pancakes. Lower temperature to medium high and cook 1½ minutes on each side or until golden brown.

Dipping sauce: mix light soy sauce, vinegar and lemon juice in bowl.

Slice pancakes into wedges and serve with sauce.

Nutrition Information:

258 calories, 10 grams protein, 47 grams carbohydrates, 3 grams fiber, 3.5 grams total fat, <1 gram saturated fat, 325 mg sodium.

海藻湯 (Miyok Guk)(韓國風味)



供五人食用

材料：

海藻 (miyok) 2杯* 浸軟, 瀝乾
湯底 (基礎湯) **三杯 (見下文)
蒜頭 2茶匙 剁碎
低鈉醬油 1茶匙
鹽 1/4 茶匙
麻油 2茶匙

*用海帶或海帶芽 (海藻) (wakame)

**湯底可以用瘦牛肉 (例如牛排肉) 製成。

牛肉湯底： 可用1/4磅牛肉在鍋裏炒熟，加入三杯水，煮滾。

製法：

在鍋裏放麻油，加入海藻和蒜頭炒均，當海藻發出響聲時，將煎鍋裏的材料倒入湯底內，加醬油和鹽，開猛火把湯底煮滾，蓋上，把火調低，煮約十五至二十分鐘。

營養資料

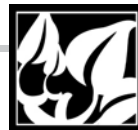
卡路里 67, 蛋白質 5克, 碳水化合物 3.5克, 全脂肪 3.6克,
飽和脂肪 1克, 鈉 243毫克.



小貼士

買海藻的時候，注意包裝上有關浸泡時間的具體指引。

SEAWEED SOUP (Miyok Guk) - Korean



Serves 5

Ingredients:

- 2 cups seaweed (miyok)*, *soaked and drained*
- 3 cups soup stock (*see below*)
- 2 teaspoons garlic, *chopped*
- 1 teaspoon low sodium soy sauce
- ¼ teaspoon salt
- 2 teaspoons sesame oil

*use kelp or wakame seaweed.

Directions:

Soup stock can be made from lean beef, such as flank steak. Cook ¼ pound beef in frying pan until well done; add 3 cups water and bring to a boil.

Put sesame oil in pan and add seaweed and garlic. When seaweed sizzles, put pan contents in soup stock. Add soy sauce, salt and heat on high until boils.

Cover, turn down heat and simmer about 15-20 minutes.

Nutrition Information:

67 calories, 5 grams protein, 3.5 grams carbohydrate, 3.6 grams total fat, 1 gram saturated fat, 243 mg sodium.



COOKING TIP! When buying the seaweed, look on package for directions on how long to soak the seaweed.

西尼岡豆莢湯 (Sinigang) (菲律賓風味)



供四人食用

材料：

番茄 5個 (中等) 切成四瓣
薑塊 (若2吋) 去皮，切好
三文魚柳 1磅 去皮，切成1吋方塊
水 6杯
(捲心) 大白菜 (Nappa cabbage) 3杯 切成一吋方件
羅望子果湯底 2茶匙
檸檬汁 3湯匙
魚露 [日本 (patis) 或越南魚露 (nuoc nam)] 1湯匙

製法：

在一個大平底湯鍋裏加入水，薑和番茄煮滾，煮三分鐘。

加入檸檬汁和三文魚。

煮五分鐘，直至三文魚熟透。把火關上。

放入日本魚露，蓋上，約二至三分鐘讓不同的味道混合在一起。

可與糙米飯一起食用。

注：在亞洲雜貨店裏的湯料或香料櫃位都有售買羅望子果湯底 (現成包裝)，日本魚露和越南魚露。

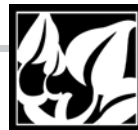
三文魚可用大蝦或其他海鮮代替。

可用菠菜代替大白菜，煮最後才放入日本魚露。蓋上，讓菠菜蒸熟。

營養資料

卡路里 206，蛋白質 25克，碳水化合物 9克，纖維質 2克，全脂肪 8克，飽和脂肪 1克，膽固醇 62毫克，鈉 420毫克。

SOUR SOUP (Sinigang) - Filipino



Serves 4

Ingredients:

- 5 medium tomatoes, *quartered*
- 2 inches of ginger, *peeled and sliced*
- 1 pound skinned, uncooked, salmon fillet, *sliced into 1-inch cubes*
- 6 cups water
- 3 cups Nappa cabbage, *sliced into 1-inch pieces*
- 2 teaspoons tamarind soup base
- 3 tablespoons lemon juice
- 1 tablespoon patis or nuoc nam (*both are fish sauce*)

Directions:

In large saucepan, bring water, ginger and tomatoes to boil: simmer 3 minutes.

Add tamarind soup base, lemon juice and salmon. Simmer uncovered 5 minutes until salmon is cooked. Turn off heat.

Add patis, cover pot and let sit 2-3 minutes for flavors to mingle.

Serve alone or with brown rice.

NOTES: Tamarind soup base comes in a packet. Along with patis and nuoc nam fish sauce, it can be found in Asian grocery stores in soup mix or spice sections.

Prawns or other seafood may be substituted for salmon.

Spinach may be substituted for nappa cabbage. Add at end of cooking time with patis. Cover pot to allow spinach to steam.

Nutrition Information:

206 calories, 25 grams protein, 9 grams carbohydrates, 2 grams fiber, 8 grams total fat, 1 gram saturated fat, 62 mg cholesterol, 420 mg sodium.

菠菜伴碟 (Shigumchi Namul) (韓國風味)



供六人食用

材料：

菠菜 1磅
水 8杯
低鈉醬油 1茶匙
鹽 半茶匙
芝麻 1湯匙
麻油 2茶匙
蔥 3湯匙 剉碎

製法：

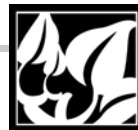
菠菜洗好，燒滾八杯水，放入菠菜煮約五秒鐘，將菠菜取出，沖過冷水並擠乾水份。菠菜放在一個碗裏與剩下的材料拌勻。

最好是用手將所有的材料攪勻在一起。如果不想直接接觸食物，可以戴上塑膠手套。

營養資料

卡路里 45，蛋白質 2.6克，碳水化合物 3.5克，全脂肪 3克，飽和脂肪少於1克，鈉 187毫克。

SPINACH SIDE DISH (Shigumchi Namul) – Korean



Serves 6

Ingredients:

- 1 pound spinach
- 8 cups water
- 1 teaspoon low sodium soy sauce
- ½ teaspoon salt
- 1 tablespoon sesame seeds
- 2 teaspoon sesame oil
- 3 tablespoons green onion, *chopped*

Directions:

While bringing 8 cups water to a boil, wash spinach and add to water when it boils.

After 5 seconds, take out spinach and cool under cold running water. Squeeze moisture out and put in bowl.

Add remaining ingredients to spinach and thoroughly mix together - using your hand is best (wear plastic gloves if you do not want to directly handle the food).

Nutrition Information:

45 calories, 2.6 grams protein, 3.5 grams carbohydrate, 3 grams total fat, less than 1 gram saturated fat, 187 mg sodium.

雲吞湯 (中國風味)



做24個雲吞
供六人食用

材料：

上海小白菜或中國青菜 4杯 (或 2棵)
碎雞胸肉碎或碎火雞肉 ¼磅 (或 1杯)
雲吞皮 1包 (大約五十片) (薄、方形)
麻油 1茶匙
白胡椒粉 ¼茶匙
蛋白 一個
玉米粉 1茶匙
低鈉，無脂的清雞湯 2罐 [14安士(盎司)]
蘑菇 1杯，切好
大蔥 (或韭菜) 3湯匙

製法：

將小白菜煮五分鐘，至軟，取出瀝乾。沖過冷水並擠乾水份，剁碎用麻油，白胡椒粉，蛋白和玉米粉醃碎雞肉 (或碎火雞肉)。放入小白菜拌勻。

放一茶匙的餡料在雲吞皮的中間。將邊皮弄濕，摺成三角形。壓緊邊沿使封密。

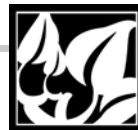
蘑菇在清雞湯裏一起燒開。將雲吞放入燒滾的清雞湯內，煮五到六分鐘至雲吞浮上湯面。將雲吞盛入碗內，撒上蔥碎 (或韭菜)。

可以相同份量的水代替一罐雞湯來減少鈉的含量。

營養資料

卡路里 389，蛋白質 29克，碳水化合物 42克，纖維質 1.9克，全脂肪 10.8克，飽和脂肪 2.7克，膽固醇 63.5毫克，鈉 869毫克。

WON TON SOUP – *Chinese*



Makes 24 Won Tons

Serves 6

Ingredients:

- 4 cups (or 2 bunches) baby bok choy, also called Shanghai bok choy or Chinese greens
- ¼ pound (or 1 cup) ground chicken breast or turkey
- 1 package thin, square won ton wrappers (*about 50 wrappers*)
- 1 teaspoon sesame oil
- ¼ teaspoon white pepper
- 1 egg white
- 1 teaspoon cornstarch
- 2 (14-oz.) cans low sodium, fat free chicken broth
- 1 cup mushrooms, *sliced*
- 3 tablespoons green onions, or Chinese chives

Directions:

Boil bok choy 5 minutes or until soft. Drain, put in cold water to cool and then squeeze out excess water.

Marinate ground chicken (or turkey) with sesame oil, white pepper, egg white and cornstarch.

Finely chop bok choy and stir into chicken (or turkey) mixture for won ton filling.

Place teaspoon of filling mixture in middle of won ton square. Moisten outside edges and fold over into a triangle. Press edges together to seal.

Bring chicken broth to a boil with mushrooms. Put won tons in boiling broth. Boil continuously for 5-6 minutes until won tons are done, or when they float to top. Sprinkle green onions (or Chinese chives) on top for each serving.

Reduce sodium by using 1 can broth and equal amount of water for liquid.

Nutrition Information:

389 calories, 29 grams protein, 42 grams carbohydrates, 1.9 grams fiber, 10.8 grams total fat, 2.7 grams saturated fat, 63.5 mg cholesterol, 869 mg sodium.

主菜

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檸檬香茅咖哩基本原汁（柬埔寨風味）



供八人食用（每份一至兩杯）

材料：

香茅 1/3杯，只用白色的莖部 切好
蒜頭 4瓣 去皮
高良薑*（乾的） 1茶匙
黃薑粉 1茶匙
墨西哥辣椒 1個 去莖和籽
蔥 3棵
清淡的椰奶 3杯半
檸檬葉 3片
少許鹽或蝦醬

製法：

將香茅，蒜頭，高良薑，黃薑粉，墨西哥辣椒和蔥搗碎。

將椰奶煮滾後加入搗碎的材料，檸檬葉和鹽。慢火煮滾，不斷攪動約五分鐘。改用小火繼續攪動，約 30分鐘，至檸檬葉變軟和湯汁成糊狀。食前將青檸檬葉取出。

預備一人份量時，將半杯咖哩汁倒進一個淺容器（或鑊）內。加半杯肉類或蔬菜，煮至中滾，煮至滿意為止。

*在亞洲雜貨店裏的乾糧貨櫃都有售高良薑，通常是切好和乾的。高良薑外表看來像新鮮的薑，表皮幼滑。

若要減少更多全脂肪和飽和脂肪，可用 2%的牛奶或濃縮椰汁代替椰奶。（每半杯奶使用 1/4茶匙的濃縮椰汁）。

營養資料

卡路里 121，蛋白質 2.3克，碳水化合物 2.4克，全脂肪 21克，
飽和脂肪 13.4克，鈉 366毫克。

BASIC LEMON GRASS CURRY SAUCE - *Cambodian*



Serves 8 (½ cup servings)

Ingredients:

- 1/3 cup lemon grass, sliced using only white portion of stalk*
- 4 cloves garlic, peeled*
- 1 teaspoon galangal*, dried*
- 1 teaspoon ground turmeric*
- 1 jalapeno chili, stemmed and seeded*
- 3 shallots*
- 3½ cups light coconut milk*
- 3 lime leaves*
- 1 pinch salt or shrimp paste*

Directions:

Puree lemon grass, garlic, galangal, turmeric, jalapenos and shallots.

Bring coconut milk to a boil and add pureed ingredients, lime leaves and salt. Boil gently, stirring constantly, for about 5 minutes.

Reduce heat to low and simmer, stirring often, for about 30 minutes, or until lime leaves are tender and sauce is creamy. Remove lime leaves before serving.

To prepare one portion, pour ½ cup of this curry sauce into shallow pan or wok. Add ½ cup meat or vegetables, bring to medium boil and cook to desired degree.

*Galangal can usually be found sliced and dried in dried spice section of Asian grocery stores. It has appearance of fresh ginger with creamy smooth skin.

To greatly reduce saturated and total fat, substitute coconut milk with mixture of 2% cow's milk and coconut extract, using ¼ teaspoon extract for each ½ cup milk.

Nutrition Information:

121 calories, 2.3 grams protein, 2.4 grams carbohydrates, 21 grams total fat, 13.4 grams saturated fat, 366 mg sodium.

牛肉炒河粉（中國風味）



供三人食用

材料：

河粉片1磅（或 4杯）切成四份一英寸條狀 分開放
牛柳 1杯半 切片
上海小白菜 2棵 切好
低鈉醬油 1茶匙
糖 半茶匙
玉米粉 1茶匙
日本米酒* 半茶匙
豆豉 1茶匙
蒜頭 2瓣 切碎
鹽 1茶匙半
水 3湯匙
芥花籽油 3茶匙

醬汁 (1)：

低鈉醬油 1茶匙
鹽 半茶匙
糖 ¼茶匙
水 半杯

醬汁 (2)：

玉米粉 1茶匙
低鈉醬油 1茶匙
水 1湯匙

製法：

將牛肉切片，用一茶匙低鈉醬油，半茶匙糖，一茶匙玉米粉和半茶匙日本米酒拌勻。

用熱水清洗豆豉，瀝乾，和蒜頭一起搗爛。

將所有醬汁(1) 放在碗裏，將醬汁(2) 放在另一個碗裏，備用。

將潔鑊（不粘煎鍋）燒熱，河粉加四份一茶匙鹽用大火炒。

然後加一茶匙芥花籽油，白菜，四份一茶匙鹽，二湯匙水，用中火再炒約一分鐘，之後蓋上約一分鐘。和牛肉放在一邊，備用。

把鑊用猛火燒熱，放入一茶匙芥花籽油，河粉，和一湯匙水，炒至鬆軟。

BEEF CHOW FUN - *Chinese*



Serves 3

Ingredients:

- 1 pound (or 4 cups) chow fun (fresh rice noodles), *sliced into 1/4-inch strips and separated*
- 1½ cups flank steak, *sliced thin*
- 2 baby bok choy, *sliced*
- 1 teaspoon low sodium soy sauce
- ½ teaspoon sugar
- 1 teaspoon cornstarch
- ½ teaspoon mirin*
- 1 teaspoon Chinese fermented black beans
- 2 cloves garlic, *minced*
- 1½ teaspoon salt
- 3 tablespoons water
- 3 teaspoons canola oil

Sauce 1:

- 1 tablespoon low sodium soy sauce
- ½ teaspoon salt
- ¼ teaspoon sugar
- ½ cup water

Sauce 2:

- 1 teaspoon cornstarch
- 1 teaspoon low sodium soy sauce
- 1 tablespoon water

Directions:

In bowl, marinate sliced beef 30 minutes in 1 teaspoon low sodium soy sauce, ½ teaspoon sugar, 1 teaspoon cornstarch and ½ teaspoon mirin.

Wash fermented black beans in hot water and drain. In separate bowl, mash black beans and garlic together.

Mix all ingredients for Sauce 1 in bowl.

Mix all ingredients for Sauce 2 in separate bowl.

Set aside.



把鑊燒熱，放進一茶匙芥花籽油和豆豉蒜頭，拌勻煎約三十秒至一分鐘，直至聞有香味。放入白菜和牛肉，拌勻，放入兩種醬汁。最後放入河粉拌勻。

隨喜好，可以用蔥作裝飾。

*日本陳年米酒：可用 “dry sherry或dry white wine代替。

營養資料

卡路里 380，蛋白質 18克，碳水化合物 28克，全脂肪 10克，飽和脂肪 1.1克，膽固醇 38毫克，鈉 792毫克。



小貼士！
可用雞胸肉和海鮮代替牛肉。



In nonstick pan or wok on medium high heat, add 1 teaspoon canola oil, bok choy, ¼ teaspoon salt and 2 tablespoons water. Sauté about 1 minute, then cover for 1 minute. Set aside with beef.

Put pan or wok on high heat, add 1 teaspoon canola oil, noodles, 1 tablespoon water, ¼ teaspoon salt and sauté until noodles are limp; then set aside.

Put pan or wok on high heat and add 1 teaspoon canola oil and black bean garlic mixture. Sauté for about 30 seconds to 1 minute until you can smell mixture. Mix in bok choy and beef, then both sauces. Finally, add noodles back in and mix.

Garnish with green onions, if desired.

* Mirin: Japanese seasoned rice wine, can substitute with dry sherry or dry white wine.

Nutrition Information:

380 calories, 18 grams protein, 28 grams carbohydrates, 10 grams total fat, 1.1 grams saturated fat, 38 mg cholesterol, 792 mg sodium.



COOKING TIP! You can substitute chicken breast or seafood for beef.

石頭飯 (Bi Bim Bap) (韓國風味)



供六人食用

材料：

糙米(短粒) 2杯
水 3杯半

黃豆芽 (綠芽菜) 1杯
麻油 ¼茶匙
蔥 1棵 切碎
鹽 半茶匙
胡椒粉 適量

豆芽 3杯
麻油 ¼茶匙
鹽 半茶匙
胡椒粉 適量

義大利瓜 (zucchini) 2杯 切片
麻油 ¼茶匙
胡椒粉 適量

英國小青 (黃) 瓜或者高麗青 (黃) 瓜 4杯 切成薄片
鹽 半茶匙
蔥 1棵 切好
紅椒粉或紅指天椒粉 (cayenne powder) ¼茶匙
豆瓣醬 ¼茶匙
麻油 ¼茶匙
胡椒粉 適量
糖 半茶匙

菠菜 10十安士 (盎司) (煮好後, 2杯)
麻油 ¼茶匙
鹽 ¼茶匙
蔥 1棵 切好
胡椒粉 適量

牛肉 (後腹腩肉) 1一杯 切薄片
低鈉醬油 半湯匙
糖 半茶匙
麻油 ¼茶匙
胡椒粉 適量

MIXED VEGETABLES OVER RICE (Bi Bim Bap) - Korean



Serves 6

Ingredients:

2 cups short grain brown rice, *uncooked*
3½ cups water

1 cup mung bean sprouts
¼ teaspoon sesame seed oil
1 stalk green onion, *finely diced*
½ teaspoon salt
pepper *to taste*

3 cups bean sprouts
¼ teaspoon sesame seed oil
½ teaspoon salt
pepper *to taste*

2 cups zucchini, *sliced*
¼ teaspoon sesame seed oil

4 cups English or Korean cucumber, *sliced thin*
½ teaspoon salt
1 stalk green onion, *sliced*
¼ teaspoon red pepper powder or cayenne powder
¼ teaspoon hot bean paste
¼ teaspoon sesame seed oil
pepper *to taste*
½ teaspoon sugar

10 ounces spinach (*when cooked, makes 2 cups*)
¼ teaspoon sesame seed oil,
¼ teaspoon salt
1 stalk of green onion, *sliced*
pepper *to taste*

1 cup beef (flank steak), *sliced thin*
½ tablespoon low sodium soy sauce
½ teaspoon sugar
¼ teaspoon sesame oil
pepper *to taste*



製法：

用三杯半水在一個平底湯鍋裏煮糙米。煮滾後，改用低小火，蓋上。煮四十五分鐘，關火，輕輕攪動，蓋上十分鐘。

把豆芽放入滾水裏煮二至三分鐘，瀝乾，擠乾水份，加鹽，胡椒粉和油一起拌混，待用。

把黃豆芽放入滾水裏煮三至五分鐘，瀝乾。加麻油，鹽，胡椒粉和大蔥粒拌均，待用。

將菠菜放入滾水裏煮三十秒至一分鐘，擠掉水份。切好，加蔥碎，四份一茶匙麻油，胡椒粉和鹽拌均，待用。

把青瓜切好，放鹽，大蔥，紅椒粉，豆瓣醬，麻油，胡椒粉和糖拌均，待用。

炒義大利瓜，放麻油，鹽和胡椒粉拌均，待用。

將牛肉切成四份一吋，加入低鈉醬油，糖，麻油和胡椒粉一起炒。（肉店可以為你切好，或用切好的火鍋牛肉片亦可。

將米飯盛在一個大碗或碟子，將豆芽，黃豆芽，菠菜，青瓜，義大利瓜和牛肉放在上面，加上 1 湯匙紅豆醬作裝飾。

營養資料

卡路里 219，蛋白質 17克，碳水化合物 26克，纖維質 4.3克，
全脂肪 6.8克，飽和脂肪 1.8克，膽固醇 19毫克，鈉 612毫克。



Directions:

In 3½ cups water, bring brown rice to a boil. Turn heat to lowest setting, cover and simmer 45 minutes. Turn off heat, stir lightly and let stand covered for 10 minutes.

Put bean sprouts in boiling water for 2-3 minutes. Drain and squeeze bean sprouts dry. Put into bowl with salt, pepper and oil. Mix and set aside.

Put mung bean sprouts in boiling water for 3-5 minutes and drain. Add sesame oil, salt, pepper and green onion to mung bean sprouts. Mix and set aside.

Put spinach in boiling water for 30 seconds to 1 minute. Squeeze out excess water and cut. Add green onion, ¼ teaspoon sesame oil, pepper and salt. Mix and set aside.

Cut cucumber, add salt, green onion, red pepper powder, hot bean paste, sesame oil, pepper and sugar. Mix and set aside.

Sauté zucchini, add sesame seed oil, salt and pepper. Mix and set aside.

Slice beef into ¼ inch strips, sauté with low sodium soy sauce, sugar, sesame oil and pepper. (A butcher can do this or buy beef sliced for sukiyaki)

Put rice on bottom of large plate or bowl. Arrange bean sprouts, mung bean sprouts, spinach, cucumber and zucchini with beef on top. Garnish with 1 tablespoon red bean paste.

Nutrition Information:

219 calories, 17 grams protein, 26 grams carbohydrates, 4.3 gram fiber, 6.8 grams total fat, 1.8 grams saturated fat, 19 mg cholesterol, 612 mg sodium.

高棉牛肉（柬埔寨風味）



供八人食用

材料：

牛肉 1磅，切薄片

醃製：

墨西哥紅辣椒 2個去莖

香茅 ¼ 杯 切碎

泰國檸檬葉 6片（或一個青檸的外皮）

蒜頭 4瓣

高良薑 1茶匙

蠔油 半杯

糖 2湯匙

鹽 少許

水 半杯

製法：

牛肉切薄片用竹籤串好。

將墨西哥紅椒，香茅，檸檬葉，蒜頭和高良薑一起搗爛。將混合物和剩下的醃料合在一起，倒入一個湯鑊（鍋）裏，煮滾約一分鐘取出待涼。試試甜味，應該不很濃。

將牛肉放入醃料裏一起放入雪櫃（冰箱），最少一小時。

將肉串放在燒紅的炭火上，保持四英寸的距離可免烤焦，烤熟至滿意的程度。

建議：在烤之前，在肉串的末端串上一片鳳梨（菠蘿）。與綠芒果沙律和飯一起食用。

注意事項：如果沒有搗盅和杵將材料混拌在一起，可以用攪拌機。

營養資料

卡路里 109，蛋白質 12.2克，碳水化合物 6克，全脂肪 3.9克，飽和脂肪 ~0克，膽固醇 1.6克，鈉 424毫克。

CAMBOGEE BEEF - *Cambodian*



Serves 8

Ingredients:

1 pound beef, *sliced thin*

Marinade:

2 red jalapenos, stems removed

¼ cup lemongrass, *sliced thin*

6 kaffir lime leaves (or peel of 1 lime)

4 cloves garlic

1 teaspoon galangal

½ cup oyster sauce

2 tablespoons sugar

1 pinch salt

½ cup water

Directions:

Cut beef into thin slices and thread onto skewers.

Mash or blend together jalapeno, lemongrass, lime leaves, garlic and galangal. Combine this mixture with remaining marinade ingredients. Place in saucepan, and bring to a boil for 1 minute. Remove from heat and let cool. Taste for sweetness: it should be present but not dominant.

Marinate beef in refrigerator for at least 1 hour.

Grill skewers over hot coals until done to preference, keeping beef at least 4 inches from heat to prevent sugar from burning.

Serving suggestion: Before grilling, stick chunk of fresh pineapple on end of each skewer. Serve with Green Mango Salad and steamed rice.

NOTES : Mortar and pestle or blender can be used to combine ingredients.

Nutrition Information:

109 calories, 12.2 grams protein, 6 grams carbohydrate, 3.9 grams total fat, ~0 grams saturated fat, 1.6 grams cholesterol, 424 mg sodium.

阿豆波鷄 (菲律賓)



供六人食用

材料：

鷄胸肉 (無皮，無骨) 3份，切掉多餘的脂肪
蒜頭 7瓣 壓碎
芥花籽油 1湯匙
低鈉醬油 半杯
白醋 1杯半
胡椒粉 1湯匙
月桂葉 4片
紅燈籠椒 1個 切好 (隨意)
雞蛋 3隻 煮熟 (隨意)

製法：

燒熱易潔鑊 (不粘煎鍋)，放入芥花籽油和蒜頭，炒三十秒，放入鷄腿和鷄胸肉，將兩面翻煎至金黃色，每一面約一分鐘。

加入醬油，醋，胡椒粉和月桂葉，把湯汁煮滾，煮約十五分鐘，至鷄肉熟透為止。

隨喜好：把煮熟的雞蛋剝碎，燈籠椒切好，在烹調最後的五分鐘才放入。
與糙米飯一起食用。

每1杯的糙米飯提供約 215卡路里，45克碳水化合物，3克纖維。如有糖尿病，需限制食用份量在一杯以內。

芥花籽油是對心臟有益的油脂，可承受比橄欖油更高的溫度。用來代替固體植物油和其他植物油。

營養資料

卡路里 216，蛋白質 25克，碳水化合物 7克，全脂肪 10克，飽和脂肪 2克，膽固醇 169毫克，鈉 1059毫克。

CHICKEN ADOBO - *Filipino*



Serves 6

Ingredients:

- 3 skinless, boneless, chicken breasts, *excess fat trimmed off*
- 7 garlic cloves, *crushed*
- 1 tablespoon canola oil
- ½ cup low sodium soy sauce
- 1½ cups white vinegar
- 1 tablespoon peppercorn
- 4 bay leaves
- 1 sliced red bell pepper (*optional*)
- 3 hard boiled eggs (*optional*)

Directions:

Heat nonstick pan, add canola oil and garlic. Stir-fry for 30 seconds. Add chicken thighs and breasts and brown about 1 minute on each side.

Add soy sauce, vinegar, peppercorn and bay leaves to chicken. Bring sauce to a boil and simmer about 15 minutes or until chicken is cooked through.

Optional: Add chopped hard boiled eggs and sliced red bell pepper during last 5 minutes of cooking.

Serve with enriched brown rice.

Brown rice provides approximately 215 calories, 45 grams carbohydrates and 3 grams fiber in each 1-cup serving. If you have diabete, limit serving size to 1 cup.

Canola oil is a heart healthy fat and can be heated to higher temperatures than olive oil. Use canola oil instead of shortening and other vegetable oils.

Nutrition Information:

216 calories, 25 grams protein, 7 grams carbohydrates, 10 grams total fat, 2 grams saturated fats, 169 mg cholesterol, 1059 mg sodium.

韓國烤雞 (Tak Bulgogi) (韓國風味)



供八個人食用

材料：

芝麻 1/4杯
粟米油（玉米油）1/4杯
低鈉醬油 1/4杯
洋蔥（小）1個 切好
蒜頭 1瓣 壓碎
胡椒粉 1/4茶匙
薑粉 1/4茶匙
雞胸肉 2磅 切片

製法：

將前七種醃料放在一個淺的烘烤盤子裏拌勻，醃料必醃透全部雞肉。蓋好後放入雪櫃（冰箱）三個小時，這期間要將雞肉翻轉最少一次。

用小火在炭上烤，或用預先燒很熱的鑊煎並經常翻動，直到熟為止。

小貼士

若要吃得更健康，用少量醬油和去除雞肉所有脂肪。醃一晚效果會更好。
醃雞肉和醃料一起放入一個密封塑膠袋裏，這樣有助於保持清潔和方便將雞肉翻轉。

營養資料

卡路里 159，蛋白質 14克，碳水化合物 3克，全脂肪 10克，飽和脂肪 1克，膽固醇 32毫克，鈉 304毫克。

KOREAN STYLE GRILLED CHICKEN (Tak Bulgogi) - Korean



Serves 8

Ingredients:

- 1/4 cup sesame seeds
- 1/4 cup corn oil
- 1/4 cup low sodium soy sauce
- 1 small onion, *sliced*
- 1 clove garlic, *crushed*
- 1/4 teaspoon pepper
- 1/4 teaspoon ground ginger
- 2 pounds chicken breast, *sliced*

Directions:

In shallow baking dish, stir together first 7 ingredients for marinade.

Add chicken to baking dish, making sure it's well coated with marinade. Cover and refrigerate 3 hours, turning chicken over at least once.

Grill over low coals or pre-heated hot skillet, turning and basting frequently until done.

Helpful Hints!

Even healthier: Use less soy sauce and trim off all fat. Marinate overnight!

Put chicken and marinade in plastic bag while marinating - it will help with turning the chicken and clean-up.

Nutrition Information with marinade:

159 calories, 14 grams protein, 3 grams carbohydrates, 10 grams total fat, 1 gram saturated fat, 32 mg cholesterol, 304 mg sodium.

碎肉冬菇麵（中國風味）



供六人食用

材料：

麵 7杯（煮熟的）*
乾冬菇（香菇）1杯，浸泡，切絲
泡過冬菇的水 1杯
低鈉醬油 1茶匙
麻油 1茶匙
素蘑菇蠔油醬 1湯羹
玉米粉（生粉）1茶匙
糖 1茶匙
芥花籽油 1茶匙
鹽 半茶匙
水 半杯
蒜頭 1大瓣 切開一半
 $\frac{2}{3}$ 磅（或一杯半）未經調味的碎肉（可用鷄胸肉或火鷄肉或豬肉**代替）

醃料：

低鈉醬油 2茶匙
芥花籽油 1湯羹
玉米粉 半茶匙
糖 $\frac{1}{4}$ 茶匙

製法：

乾冬菇泡過夜，將水留下待用。

煮窩麵：4夸脫 (quart = $\frac{1}{4}$ 加侖)的水在鍋裏燒滾，放進麵燒滾，約五至八分鐘，至軟熟，有些彈性。如果是預製的，沖過冷水並瀝乾水份，放一旁保持溫度。

用易潔鑊（不粘煎鍋）將油燒熱，加入蒜頭。將碎肉和醃料放進鍋裏，用猛火炒至全熟盛起。

用中火炒香菇，再放入泡過乾冬菇的水，放半茶匙的鹽和一茶匙的芥花籽油，蓋上。燒滾兩分鐘後加半杯水，1茶匙低鈉醬油，1茶匙糖，1茶匙麻油和 1茶匙玉米粉。

燒滾後，放入肉和素蠔油拌勻，淋在麵上。

*窩麵是扁的蕎麥麵，看起來像義大利麵條，但不可用義大利麵條代替。一般的亞洲雜貨店都有售此 Rose Brand牌子的窩麵，是由本地西雅圖公司出產。

MINCED PORK WITH MUSHROOM NOODLES - Chinese



Serves 6

Ingredients:

- 7 cups cooked wor mein noodle*
- 1 cup dry black or shitake mushrooms, *soaked and sliced*
- 1 cup soaking water from mushrooms
- 1 teaspoon low sodium soy sauce
- 1 teaspoon sesame oil
- 1 tablespoon vegetarian mushroom oyster sauce
- 1 teaspoon cornstarch
- 1 teaspoon sugar
- 1 teaspoon canola oil
- ½ teaspoon salt
- ½ cup water
- 1 large clove garlic, *sliced in half*
- ⅔ pound (or 1½ cups) unseasoned ground meat (chicken breast ,turkey or pork**)

Marinade Sauce:

- 2 teaspoons low sodium soy sauce
- 1 tablespoon canola oil
- ½ teaspoon cornstarch
- ¼ teaspoon sugar

Directions:

Soak mushrooms overnight and save water.

In large pot bring 4 quarts water to a rolling boil. Add wor mein noodles and bring back to a boil. Cook until noodles are soft but slight chewy, about 5-8 minutes. If making ahead, rinse well in cold water until cool. Drain, set aside and keep warm.

Mix ground meat and marinade sauce. Heat oil in pan, add garlic, meat and sauté on high heat until cooked. Set aside.

On medium heat, sauté mushrooms in water from soaking, add ½ teaspoon salt and 1 teaspoon canola oil and cover. Bring to a boil for 2 minutes. Add ½ cup water, 1 teaspoon low sodium soy sauce, 1 teaspoon sugar, 1 teaspoon sesame oil and 1 teaspoon cornstarch.



**爲了減少卡路里，全脂肪和飽和脂肪，可以用碎火雞肉或是雞肉來代替碎豬肉。如用碎豬肉，除了以下的營養外，每份另含加卡路里 60，飽和脂肪 7克，飽和脂肪 3克。

營養資料

卡路里 405，蛋白質 18克，碳水化合物 60克，全脂肪 9.4克，飽和脂肪 1.7克，膽固醇 42毫克，鈉 681毫克。



Bring back to a boil. Add meat and vegetarian oyster sauce. Sauté together. Pour sauce on top of noodles.

* Wor mein noodles are flat wheat noodles. They look like fettuccine noodles, which CANNOT be used as a substitute.

** To reduce calories, saturated and total fat, use ground turkey or chicken in place of ground pork. Using ground pork adds 60 calories, 3 grams saturated fat and 7 grams total fat more per serving to the following nutritional analysis.

Nutrition Information with marinade:

405 calories, 18 grams protein, 60 grams carbohydrates, 9.4 grams total fat, 1.7 grams saturated fat, 42 mg cholesterol, 681 mg sodium.

豉油王薑粒炒蔬菜（中國風味）



供六人食用

材料：

紅蘿蔔 3個 切好
蘑菇 2杯 切好
西蘭花 5杯 切好
新鮮大豆 1磅或毛豆（雪藏，無殼）
蒜頭（大蒜）3瓣 搗碎
薑 1湯匙 剝碎
油 1湯匙
低鈉醬油 2茶匙
蠔油醬 2湯匙（或素蠔油醬）

製法：

在鑊裏把油燒熱，放入蒜頭和一半份量的薑炒二十秒鐘。

放紅蘿蔔煮三到五分鐘，盛出備用。

將西蘭花和蘑菇放進鑊裏煮至軟，加入大豆和紅蘿蔔。

用低鈉醬油，剩下的薑，蠔油醬（或素蠔油醬）調味。

營養資料

卡路里 379，蛋白質 31克，碳水化合物 32克，纖維質 10.5克，
全脂肪 18克，飽和脂肪 2.5克，鈉 110毫克。



小貼士！

採用新鮮大豆或毛豆可增加蛋白質和纖維質。

SOYBEAN STIR-FRY WITH VEGETABLES AND GINGER - *Chinese*



Serves 6

Ingredients:

- 3 carrots, *sliced*
- 2 cups mushrooms, *sliced*
- 5 cups broccoli, *sliced*
- 1 pound fresh soy beans or edamame (*frozen, shelled*)
- 3 cloves garlic, *minced*
- 1 tablespoon ginger, *chopped*
- 1 tablespoon oil
- 2 teaspoons low sodium soy sauce
- 1 tablespoon mushroom sauce (or vegetarian oyster sauce)

Directions:

Heat oil in wok. Add garlic, half of ginger and stir-fry for 20 seconds. Add carrots and cook 3-5 minutes. Remove from pan and set aside.

Add broccoli and mushrooms to wok. Cook until tender. Add soybeans and return carrot mixture to wok.

Season with low sodium soy sauce, remaining ginger and mushroom or vegetarian oyster sauce.

Nutrition Information:

379 calories, 31 grams protein, 32 grams carbohydrates, 10.5 gram fiber, 18 grams total fat, 2.5 grams saturated fat, 110 sodium.



COOKING TIP! Fresh soybeans or edamame add protein and fiber to any diet!

冬菇蒸雞（中國風味）



供八人食用

材料：

無骨雞胸肉 1磅（或二杯）去皮
麻油 ¼ 茶匙（香油）
白胡椒粉 半茶匙
鹽 半茶匙
糖 ¼ 茶匙
日本米酒 1茶匙*
低鈉醬油 2茶匙
芥花籽油(canola oil) 2茶匙
薑 1湯匙，切片（如果願意可增加分量）
玉米粉 1茶匙
乾冬菇（香菇） 1杯

製法：

乾冬菇用熱水泡過夜。

將雞肉的多餘脂肪去除，切開。用麻油，白胡椒粉，糖，鹽，低鈉醬油，玉米粉和芥花籽油醃勻。再放薑絲拌勻。

將冬菇擠乾水份，切細條，然後和雞肉拌勻。

將材料放在耐熱的器皿（盤子）裏，蓋上放進蒸籠裏用開水蒸。

用高溫蒸十五分鐘。和白飯（或糙米）一起食用。

*如沒有日本調味米酒：可用 “dry sherry” 或 “dry white wine” 代替。

營養資料

卡路里 96，蛋白質 13.4克，碳水化合物 2.5克，全脂肪 3克，飽和脂肪 ~零毫克，膽固醇 13毫克，鈉 80毫克。

每一份量，如果和一杯糙米飯一起食用，另加卡路里 216，蛋白質 5克，碳水化合物 45克，纖維質 3.5克，全脂肪 1.8克。



小貼士！

將雞肉裏所有的脂肪去除。用雞胸肉，是因為雞胸肉比雞腿肉所含脂肪量少。

STEAMED CHICKEN WITH BLACK MUSHROOMS - Chinese



Serves 8

Ingredients:

- 1 pound (or 2 cups) skinless, boneless chicken breast
- ¼ teaspoon sesame oil *to taste*
- ½ teaspoon white pepper
- ½ teaspoon salt
- ¼ teaspoon sugar
- 1 teaspoon mirin*
- 2 teaspoons low sodium soy sauce
- 2 teaspoons canola oil
- 1 tablespoon ginger, *sliced (add more ginger, if desired)*
- 1 teaspoon of cornstarch
- 1 cup dry black mushroom or dry shitake mushrooms

Directions:

Soak mushrooms overnight in hot water.

Trim off excess fat then slice chicken. Marinate in sesame oil, white pepper, sugar, salt, mirin, low sodium soy sauce, cornstarch and canola oil.

Finely slice or grate ginger. Add to chicken, mix.

Squeeze water from mushrooms. Slice thin and mix with chicken.

Put in covered heatproof dish, place on rack over boiling water and steam on high for 15 minutes. Serve with brown rice.

* Mirin: Japanese seasoned rice wine, dry sherry or dry white wine can substitute.

Nutrition Information:

96 calories, 13.4 grams protein, 2.5 grams carbohydrate, 3 grams total fat, ~0 mg saturated fat, 13 mg cholesterol, 82 mg sodium.

For each serving: If served with one cup cooked brown rice, add 216 calories, 5 grams protein, 45 grams carbohydrates, 3.5 grams fiber, 1.8 grams total fat



COOKING TIP! Trim all fat from chicken. Use chicken breast which has less fat than chicken thigh.

瑤柱蒸蛋（中國風味）

供四人食用



材料：

乾瑤柱(甘貝) $\frac{1}{3}$ 杯，浸泡好，撕成細絲
雞蛋 2個
蛋白 2份
鹽 半茶匙
芥花籽油 1茶匙
脫脂牛奶 1杯
泡乾瑤柱的水 半杯

製法：

乾瑤柱泡過夜，或泡一小時亦可。將水留下待用。將雞蛋和蛋白，鹽和芥花籽油放進大碗內打散攪勻。

將乾瑤柱，瑤柱水和脫脂牛奶放進另一個碗，再加入已打散的雞蛋，拌勻。倒入一個耐熱的器皿（碗）裏。

將水燒開，放器皿在蒸架上，蓋上，用中高火蒸十至十五分鐘，直至結成羹狀。用竹籤插入蛋的中央，如沒有粘蛋液，即成。

營養資料

卡路里 89，蛋白質 8克，碳水化合物 4克，全脂肪 4.5克，飽和脂肪 1克，膽固醇 110毫克，鈉 393毫克。

STEAMED EGGS WITH SCALLOPS - *Chinese*



Serves 4

Ingredients:

- 1/3 cup dry scallops, soaked and finely shredded*
- 2 whole eggs*
- 2 egg whites*
- 1/2 teaspoon salt*
- 1 teaspoon canola oil*
- 1 cup fat free milk*
- 1/2 cup water saved from soaking scallops*

Directions:

Soak dry scallops overnight, or at least an hour, and save water to use in recipe.

In large bowl, beat together well whole eggs, egg whites, salt and canola oil.

Add scallops, water from soaking scallops and milk to egg mixture and mix well. Pour into heatproof bowl or dish.

Put dish on rack over boiling water in steamer or wok. Cover and steam on medium high heat for 10-15 minutes until consistency of custard and utensil comes out clean after piercing middle of egg mixture.

Nutrition Information:

89 calories, 8 grams protein, 4 grams carbohydrates, 4.5 grams total fat, 1 gram saturated fat, 110 mg cholesterol, 393 mg sodium.

蒸魚（菲律賓風味）



供六人食用

材料：

魚 1條（若2磅）（或用吳郭魚，迦納魚或鱈魚）清洗乾淨
檸檬 半個
水適量（蒸魚用）
薑 一吋大小的
大蔥 3棵
低鈉醬油 ¼杯
麻油 1湯匙

製法：

將魚的腹腔內部用鹽稍醃，把薑片放入魚的肚子裏，將魚放在一張到可以包起魚身和四邊高達一吋的錫紙，或用菲律賓鐵樹葉，蒸的時候可以保存湯汁，將檸檬汁擠在魚身上。

將魚放在蒸架的上面，在蒸具加約一吋深的水，蓋上，在水滾後才開始計算時間。

蒸十至十五分鐘，注意火候，勿蒸過熟。

如用叉子可以插入魚肉時，即把魚取出，放在碟上。把蒸魚的水放在一邊待用。

薑去皮，切絲，蔥切絲，把薑絲和蔥絲放在魚上面。

在一個小平底湯鍋裏，加入蒸魚的水、醬油和麻油一起加熱，淋在煮好的魚上。

趁熱食用。

營養資料

卡路里 206，蛋白質 30克，碳水化合物 2克，全脂肪 8克，飽和脂肪 2克，膽固醇 74毫克，鈉 596毫克。

STEAMED FISH - Filipino



Serves 6

Ingredients:

- 2 pounds (or 1 medium-sized) fish (tilapia, snapper, snapper or cod),
whole, *cleaned*
- ¼ teaspoon salt
- ½ lemon
- Water for steaming
- 1-inch piece of ginger
- 3 stalks green onions
- ¼ cup low-sodium soy sauce
- 1 tablespoon sesame oil

Directions:

Lightly salt fish cavity. Place ginger slices in cavity.

To catch juices while steaming, place fish on sheet of aluminum foil (or ti leaves large enough to curl up about 1-inch all around sides of fish). Squeeze lemon over fish.

Place fish on top of steamer rack. Add water to about 1-inch deep in bottom of steamer, cover and start timing when water begins to boil. Steam 10-15 minutes, checking to make sure fish does not overcook.

When fork-tender, remove fish from steamer and lay on serving platter. Set aside liquid.

Peel and slice ginger into very thin strips, about ½-inch long. Thinly slice green onions. Garnish top of fish with ginger and green onions.

In small saucepan, heat together liquid from steamed fish, soy sauce and sesame oil. Pour over garnished fish.

Serve hot.

Nutrition Information:

206 calories, 30 grams protein, 2 grams carbohydrates, 8 grams total fat, 2 grams saturated fat, 74 mg cholesterol, 596 mg sodium.

豆腐麵 (越南風味)



供五至七人食用

材料：

油豆腐（老豆腐或中國式新鮮豆腐）2磅
花生 半杯
米粉 [(或幼麵) 煮好] 10杯
豆芽 半磅 洗淨
生菜 1磅 洗淨,切好
芫荽或中國西芹 半杯 切碎
乾洋蔥 ¼杯 切碎
橄欖油/芥花籽油 1湯匙

湯汁的調味料：

魚露 2茶匙
七喜 1罐
墨西哥紅辣椒 (小) 2隻
蒜頭 4瓣 剝皮
檸檬 半個

製法：

將油豆腐切成二吋長半吋寬，把油在一隻易潔鑊（不粘鍋）裏燒熱，放入乾洋蔥炒，不斷炒至金黃色。需要的話可將鑊暫時移開來避免燒焦。

即放入切好的豆腐並繼續炒均，用小火煮五分鐘。

把花生用煎鍋或烤爐烘至金黃色。

將熟花生用手或用搗盅或食物攪拌器攪成粗粒，待用。如果使用食物攪拌器，不要攪得太細，不然會成花生醬。

湯汁的做法：

將墨西哥辣椒切開，如想讓湯味道很辣，就不要除掉裏面的籽（除掉籽會減低湯的辣味）。將墨西哥辣椒和剝了皮的蒜頭放入攪拌器，打成糊狀。

在一個碗裏，將魚露，七喜，墨西哥辣椒和蒜頭攪碎，拌勻再加上檸檬汁。

TOFU NOODLES - Vietnamese



Serves 5-7

Ingredients:

2 pounds fried tofu (firm or Chinese-style fresh tofu)
1/2 cup peanuts
10 cups cooked, thin rice noodle (or vermicelli noodle)
1/2 pound bean sprout, *cleaned*
1 pound romaine heart, *cleaned and chopped*
1/2 cup cilantro or Chinese parsley, *chopped*
1/4 cup dry onion, *chopped*
1 tablespoon olive/canola oil

Ingredients for sauce:

2 Tablespoons fish sauce
1 can Diet 7-Up™
2 small, red jalapeno peppers
4 cloves garlic, *peeled*
1/2 large lemon, *juiced*

Directions:

Slice fried tofu into pieces 1/2 inch wide and 2 inches long.

In non-stick pan, heat oil until hot. Stir in dried chopped onions and sauté, stirring continuously until golden. Do not burn. You may need to remove pan from heat while sautéing to prevent burning. Immediately stir in shredded tofu - let sit on low heat for 5 minutes.

Roast peanuts in pan or oven until golden. Coarsely grind peanuts - if using food processor, do not over process or they will turn into peanut butter. Set aside.

Directions for sauce:

Slice jalapeno pepper. If you want sauce to be hot, do not remove seeds. Removing seeds reduces spiciness of sauce. Grind jalapeno and peeled garlic into paste using mortar and pestle, blender or food processor.

In bowl, mix together fish sauce, Diet 7-Up™, ground jalapeno and garlic, then lemon juice.



上碟方法：

在一個大碗裏，將2杯煮好的米粉放在碗的一邊（糖尿病患者應減少米粉的份量）。

將豆芽和生菜放在碗的另一邊（糖尿病患者應增加份量）。

將豆腐放在沙律和米粉上面。

撒上一茶匙碎花生。

在最上面放上芫荽。

按口味加入湯汁調味料（糖尿病患者，應用少量調味料）。

營養資料

卡路里 381，蛋白質 34克，碳水化合物 17克，纖維質 2克，全脂肪 24克，飽和脂肪 3.3克，鈉 500毫克。



Directions for serving:

In large bowl, put 2 cups cooked noodles to one side of bowl (for diabetics, reduce noodles).

Put bean-sprouts and romaine hearts to other side of bowl (increase amount for diabetics).

Put tofu on top of lettuce and noodles.

Sprinkle on 1 teaspoon ground, roasted peanuts. Add cilantro on top of everything. Add sauce to taste (for diabetics, use less sauce).

Nutrition Information:

381 calories, 34 grams protein, 17 grams carbohydrates, 2 grams fiber, 24 grams total fat, 3.3 grams saturated fat, 500 mg sodium.

磨菇煮豆腐（中國風味）



供四人食用

材料：

豆腐 10安士（老豆腐或中國豆腐，切成一寸見方的塊狀）
草菇或白磨菇 1罐（十五安士）切片
芥花籽油 1茶匙
鹽 半茶匙
水 1湯匙
韭菜 4湯匙

醬汁：

素磨菇蠔油醬 1湯匙
低鈉醬油 1茶匙
玉米粉（生粉）1茶匙
糖 ¼茶匙

製法：

醬汁：將蠔油，低鈉醬油，玉米粉和糖混合。

將油放進燒熱的易潔鑊（不粘煎鍋）或普通鑊內，熱至冒煙。放鹽，豆腐，磨菇一起拌炒，蓋上二至三分鐘，放入醬汁拌炒，加水放入韭菜（隨意）。

和白飯（或糙米飯）一起食用。

營養資料

卡路里 130，蛋白質 12克，碳水化合物 5克，纖維質 2克，全脂肪 8克，飽和脂肪 1克，鈉 373毫克。

每一份量：如果和一杯糙米飯一起食用，另加卡路里 216，蛋白質 5克，碳水化合物 4克，纖維質 3.5克，全脂肪 1.8克。

TOFU WITH MUSHROOMS - *Chinese*



Serves 4

Ingredients:

10 ounces tofu, firm or Chinese style, *cut into 1-inch cubes*
1 (15-oz) can straw mushrooms or sliced white button mushrooms
1 teaspoon canola oil
½ teaspoon salt
1 tablespoon water
4 tablespoons Chinese chives (*optional*)

Sauce:

1 tablespoon vegetarian mushroom oyster sauce
1 teaspoon low sodium soy sauce
1 teaspoon cornstarch
¼ teaspoon sugar

Sauce:

Mix oyster sauce, low sodium soy sauce, cornstarch and sugar.

Directions:

In hot, nonstick sauté pan or wok, heat oil until begins to smoke. Stir-fry tofu, mushrooms, and salt together. Cover for 2-3 minutes. Add sauce, stir and add water. Add Chinese chives (*optional*).

Serve with brown rice.

Nutrition Information:

130 calories, 12 grams protein, 5 grams carbohydrates, 2 grams fiber, 8 grams total fat, 1 gram saturated fat, 373 mg sodium.

For each serving: If served with one cup cooked brown rice, add 216 calories, 5 grams protein, 45 grams carbohydrates, 3.5 grams fiber, 1.8 grams total fat.

甜品

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蛋撻 (中國風味)



做十五個三英寸直徑的蛋撻皮

材料：

滾水 一杯半
糖 (Splenda™) 半杯
雞蛋 2個 打散
蛋白 3份 打散
香草精 1茶匙

製法：

將烤爐預熱到華氏 350度。

將糖放入滾水內溶解，放在一邊，待冷。蛋和蛋白打散放入糖溶液攪勻。

將蛋液放入有少許油的 9x9吋的鍋裏。(最好使用噴霧式的油,比如PAM™可以用雙層蒸鍋來烤蛋液。將鍋裏的蛋液放進另一個鍋裏，這個鍋必須夠大，水至少要過鍋身的一半,水必須是熱的，烘烤四十分鐘直到蛋液變堅實即熟。

小貼士

可以將蛋液放入預製的，未烘烤過的蛋撻皮裏面。
以下的營養資料不包括蛋撻皮。

營養資料

卡路里 14, 蛋白質 1.5克, 全脂肪 .7克, 膽固醇 28克, 鈉 20毫克。



小貼士!

可以將蛋液放入預製的，未烘烤過的蛋撻皮裏面。

EGG CUSTARD – Chinese



Makes 15, 3-inch tarts

Ingredients:

- 1½ cup boiling water
- ½ cup Splenda™ (sugar substitute)
- 2 whole eggs, beaten
- 3 egg whites, beaten
- 1 teaspoon vanilla

Directions:

Preheat oven to 350 degrees Fahrenheit.

Mix sugar substitute into boiling water until dissolved. Set aside to cool.

Add beaten eggs and egg whites to cooled sugar solution, stir until blended.

Put custard in lightly greased 9x9 pan (best to use cooking spray, e.g., PAM™). The custard can be baked in bain marie. Put pan of custard into another pan big enough to hold it and at least enough water to go half way up side of the custard pan. The water must be hot.

Bake 40 minutes until firm and cooked.

Nutrition information does not include tart shells:

14 calories, 1.5 grams protein, .7 grams total fat, 28 mg cholesterol, 20 mg sodium.



COOKING TIP! You can put the egg custard in pre-made, uncooked tart shells.

青芒果冰沙（菲律賓風味）



供四人食用

材料：

糖 ¼ 杯（50克）
熱水 半杯（125毫升）
芒果（未熟）2個 去皮，去核，切成方塊
冰塊 2杯 壓碎

製法：

在熱水裏溶解糖（或蜂蜜）然後放在一旁備用。

將芒果和糖漿拌混，用攪拌機以中等速度將冰塊打碎。逐步增加攪拌機的速度，直至混合物變成乳狀和冰塊變成粉狀，即可食用。

卡路里 116，碳水化合物 30克，纖維質 1.8克，鈉 少於 3毫克，
如用代糖（Splenda™）可減少更多碳水化合物的含量。

另一種含糖份少的飲料是鮮芒果冰沙。

熟芒果 2個

冰塊 3杯 壓碎的

糖（隨意）或用代糖（Splenda™）

卡路里 67，碳水化合物 17.5克，纖維質 1.8克。

經作者同意，根據Periplus Editions出版的由Reynaldo G. Alejandro編寫的《正宗菲律賓菜譜》"*Authentic Recipes from the Philippines*"改編。 www.tuttlepublishing.com。

營養資料

卡路里 116，碳水化合物 30克，纖維質 1.8克，鈉 少於 3毫克。

GREEN MANGO SHAKE – Filipino



Serves 4

Ingredients:

- 1/4 cup (50 g) sugar
- 1/2 cup (125 ml) hot water
- 2 unripe mangoes, *peeled, pitted and cubed*
- 2 cups ice, *crushed*

Directions:

Dissolve the sugar in hot water to make a syrup and set aside.

Blend mangoes with syrup and crushed ice in blender at medium speed.

Gradually increase speed until mixture is creamy and ice is finely ground. Serve immediately.

Use Splenda™ instead of sugar to further reduce carbohydrate content.

An alternative (less sugary) drink is the **Fresh Mango Shake:**

- 2 ripe mangoes
- 3 cups crushed ice
- sugar (optional) or Splenda™ to taste

67 calories, 17.5 grams carbohydrates, 1.8 grams fiber.

Adapted with permission from “*Authentic Recipes from the Philippines*” by Reynaldo G. Alejandro, Periplus Editions, www.tuttlepublishing.com.

Nutrition Information:

116 calories, 30 grams carbohydrates, 1.8 grams fiber,
< 3 mg sodium.

木瓜雪花冰（越南風味）

供四人食用



材料：

半熟木瓜塊 1杯
檸檬汁 3湯匙
番荔枝汁（或橙汁）半杯
脫脂牛奶 1杯半
代糖（Splenda™）1杯

製法：

用粗濾器將木瓜塊壓碎，然後加入果汁。

將代糖放入牛奶內攪溶，並逐放入拌好的果肉。

倒入一個平底鍋裏，待冷。待冷期間每半小時攪一次。

在本食譜裏，你可以用芒果代替木瓜。如用芒果，每杯的份量裏含多兩倍的卡路里和碳水化合物。

營養資料

卡路里 75，蛋白質 4克，碳水化合物 15克，全脂肪 0克，膽固醇 2毫克，鈉 51毫克。

PAPAYA SHERBET – Vietnamese



Serves 4

Ingredients:

- 1½ cups ripe papaya pulp
- 3 tablespoons lemon juice
- ½ cup soursop juice or orange juice
- 1½ cups nonfat milk
- 1 cup Splenda™

Directions:

Press papaya pulp through coarse sieve and add fruit juices.

Dissolve Splenda™ in milk and gradually add mixture.

Pour into pan and freeze, stirring every half hour during process.

Mango can be substituted for papaya and provides about twice the calories and carbohydrates per 1-cup serving.

Nutrition Information:

75 calories, 4 grams protein, 15 grams carbohydrates, 0 grams total fat, 2 mg cholesterol, 51 mg sodium.

紅豆糖水 (Juk) (中國風味)



供六人食用

材料：

紅豆乾 (或者日本小紅豆) 2杯
陳皮 1小片
水 10杯
糖 (Splenda™) 1杯

製法：

將紅豆浸泡在冷水裏一小時，瀝乾。

將紅豆，陳皮和十杯水放入湯鍋裏，燒開後，用中火煮一個半至二小時，紅豆煮爛為止。

放入代糖。

冷熱食都可以。可以將煮好的紅豆放入一個攪拌機打爛，或用食物加工機處理令口感更幼滑。

另一種制法：用沙煲（沙鍋）煮。

將紅豆，陳皮和冷水放入沙煲用慢小火煮一晚，直至豆熟。

如太濃（稠），加適量熱水。使濃（稠）度合適後，放入蔗糖素或代糖。千萬別在開始煮時放糖。

小貼士：

在亞洲雜貨店裏的乾量貨櫃位都可以找到紅豆或日本小紅豆。

營養資料

卡路里 217，蛋白質 13克，碳水化合物 54克，纖維質 8.4克。

RED BEAN DESSERT (Juk) – Chinese



Serves 6

Ingredients:

- 2 cups dry red beans (or azuki beans)
- 1 small piece of dry tangerine peel (*optional*)
- 10 cups water
- 1 cup Splenda™ (*sugar substitute*)

Directions:

Soak dry red beans in cold water for an hour; drain.

Put red beans, dry tangerine peel and 10 cups water in saucepan. Bring to a boil. Cook on medium heat for about 1½ to 2 hours until beans are tender.

Add sugar substitute.

Serve hot or cold. Cooked beans can also be pureed in blender or food processor for smoother consistency.

Alternate cooking method: Put beans, tangerine peel and cold water in crock pot. Cook on low heat overnight. Test beans to be sure they are done.

If consistency is too thick, add a little hot water to achieve desired consistency. Add Splenda™ or sugar substitute.

DO NOT add Splenda™ or sugar substitute at beginning.

NOTES: Dry red beans or azuki beans can be found in Asian grocery or herb stores in dried bean section.

Nutrition Information:

217 calories, 13 grams protein, 54 grams carbohydrates, 8.4 grams fiber.

紅豆冰甜品 (Patbingsu) (韓國風味)



供一人食用

材料：

刨冰或碎冰 1杯
紅豆 (罐裝的) 1/4 杯
雜果 1/3杯 切成方塊狀的
脫脂牛奶 3湯匙
糖 適量

製法：

將水果切成方塊.[鳳梨(菠蘿), 桃子, 西瓜, 葡萄, 草莓, 藍莓, 紅莓] 如果沒有新鮮水果, 你可以用冷凍水果.

將刨冰放在一個碗裏, 上面放紅豆, 雜果放在紅豆上面, 將牛奶倒在最上面. 如果紅豆尚未加甜味, 將代糖撒在上面即成.

吃的時候要攪拌, 這樣刨冰才會和其他的材料混和.

營養資料

卡路里 114, 蛋白質 5.5克, 膳食纖維 5克, 脂肪少於 1克, 鈉 248毫克.



小貼士!

爲了減少鈉的含量, 先將罐裝的豆用水徹底清洗, 這樣每份的鈉含量就可以減少到 10毫克以下.

RED BEAN ICE DESSERT (Patbingsu) – Korean



Serves 1

Ingredients:

- 1 cup ice, *shaved or crushed*
- 1/4 cup red beans (*canned*)
- 1/3 cup mixed fresh fruit, *diced*
- 3 tablespoons non-fat milk
- sugar substitute *to taste, optional*

Directions:

Dice assortment of fruit. (i.e. pineapple, peach, watermelon, grapes, strawberries, blueberries, raspberries). Frozen fruit can be used if fresh fruit isn't available.

Put ice in bowl and add red beans on top. Pour milk over. then put mixed fruit on top. If red beans aren't already sweetened, sprinkle sugar substitute on top. Serve.

To eat, mix so ice combines with all ingredients.

Nutrition Information:

114 calories, 5.5 grams protein, 5 grams dietary fiber, less than 1 gram fat, 248 mg sodium.



COOKING TIP! To reduce sodium, thoroughly rinse canned beans with water this will reduce the sodium to less than 10 mg per serving.

關於資料提供者

Resources



資料來源

Steps to Manage Your Diabetes

www.aapcho.org

Ethnomed, Harborview Hospital

<http://ethnomed.org>

Diabetes Prevention Program

www.preventdiabetes.com

National Diabetes Education Program

<http://diabetes.niddk.nih.gov/dm/pubs/asianamerican/index.html>

Selected Patient Information Resources in Asian Languages (SPIRAL)

www.library.tufts.edu/hsl/spiral/



ICHS REACH Diabetes Program 糖尿病計畫在亞太裔社區
為給個人和社區提供關於第二類型糖尿病患者如何提高生活品質
及如何支持第二類型糖尿病患者的教育課程和互助小組。REACH 的各項活動
集中在華裔（廣東話/國語），菲律賓裔（塔加拉族語/英文），夏威夷原住民，
高棉人（柬浦寨語），韓裔，薩摩亞人及越南裔社區。

The ICHS REACH Diabetes Program provides individual and community education classes and support groups about living well with Type II diabetes and ways to support others living with Type II diabetes in Asian and Pacific Islander communities. REACH Activities are focused on the Chinese (Cantonese/Mandarin), Filipino (Tagalog/English), Native Hawaiian, Khmer (Cambodian), Korean, Samoan, and Vietnamese communities.

ICHS Diabetes Program 糖尿病計劃的目的是收集更多的食譜，
以及/或者開闢一些針對各文化群體的特定教育途徑，來幫助那些患有第二類型糖尿
病的個人。以及親人，社區成員，健康服務機構以及其他提高意識，
在心愛之人患有第二類型糖尿病時該如何加以援手。

The intent of the ICHS Diabetes Program is to collect more recipes and/or to develop ethnically specific educational tools to aid individuals living with Type II diabetes, as well as to raise awareness of family members, community members, service providers, and others on ways we can support our loved ones living with Type II diabetes.

因為這個版本的“健康亞洲食譜”只有限地展示了部份亞洲國家的食譜，
請接受我們的道歉。我們歡迎大家發表評論，提出建議以及向我們提交健康食譜。

Comments, suggestions, and *healthy recipe submissions*
are welcomed and appreciated.



健康亞洲食譜

HEALTHY ASIAN RECIPES



INTERNATIONAL
COMMUNITY
HEALTH SERVICES

REACH



Public Health
Seattle & King County

HEALTHY PEOPLE. HEALTHY COMMUNITIES.

206.788.3646 | www.ichs.com
206.296.7621 | www.metrokc.gov/health/REACH



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