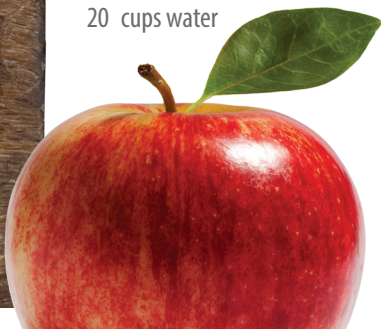


Apple Carrot Soup



Makes 8 servings
(1 serving = 1 cup)

Ingredients

- 1 pound lean pork, cut into chunks
- 4 apples with skin, cored and quartered
- 4 large carrots, peeled, cut into chunks
- 1 piece dried orange peel (optional)
- 4 slices ginger
- ½ teaspoon salt
- 20 cups water

Preparation

1. In a large pot over high heat, combine all ingredients, bring to a boil.
2. Reduce heat to medium and simmer until soup reduces to about 8 cups of liquid, about 3 to 4 hours.
3. Skim fat from surface and serve.
4. Store leftover soup covered in refrigerator for up to 3 days.

Recipe is used with permission from "Healthy & Delicious – Simple Ways to Low Fat Chinese Cooking" by Catherine Wong, MPH, RD, and Martin Yan, MS, Nutrition Education and Obesity Prevention Chinese Project, Chinatown Public Health Center, San Francisco Department of Public Health.

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Nutrition information (per serving)

Calories: 133

Saturated Fat: 1 g

Sodium: 20 mg

Carbohydrates: 13 g

Total fat: 3 g

Cholesterol: 35 mg

Fiber: 3 g

Protein: 13 g



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湯 蘿蔔 胡 果 蘋果

做 8 份 (每份 = 1 杯)

用料:

瘦肉, 切塊	1 磅
蘋果連皮, 去核、切塊	4 個
大胡蘿蔔, 切塊	4 個
陳皮(可免)	1 片
薑	4 片
鹽	半茶匙
水	20 杯



做法:

1. 將所有用料置大鍋中, 大火煮沸。
2. 轉中火煮熬 3 至 4 小時, 約剩下 8 杯湯水。
3. 撇掉湯裡的油。
4. 剩餘的湯蓋好, 貯存在冰箱裡, 可存 3 天。

每份營養含量:

熱量: 133
脂肪總量: 3 克
飽和脂肪: 1 克
膽固醇: 35 毫克
鈉質: 20 毫克
纖維素: 3 克
碳水化合物: 13 克
蛋白質: 13 克



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Lotus Root Mushroom Vegetarian Soup

Makes 20 servings
(1 serving = 1 cup)

Ingredients

- 20 pieces mushrooms, soaked
- 2 cups black eyed peas
- 2 stalks lotus root, peeled and chopped
- 20 cups water
- 1 piece dried orange peel
- 1 cup raw peanuts
- 1 pound frozen peeled chestnuts
- 15 pieces red dates
- 6 pieces sweet dates
- 1 teaspoon salt



Preparation

1. Pre-soak the mushroom and black eyed peas overnight in refrigerator.
2. Wash lotus root, peel off the skin and chop into small pieces.
3. In a large pot over high heat, combine all ingredients, bring to a boil.
4. Reduce heat to medium and simmer for 3 hours.
5. Add salt to taste.

Recipe is used with permission from "Healthy Chinese Cuisine Using Fruits and Vegetables" by Catherine Wong, MPH, RD, Grace Lam Yee, BA, and Martin Yan, MS, Nutrition Education and Obesity Prevention Chinese Project, Chinatown Public Health Center, San Francisco Department of Public Health.

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Nutrition information (per serving)

Calories: 139

Saturated Fat: 1 g

Sodium: 131 mg

Carbohydrates: 23 g

Total fat: 4 g

Cholesterol: 0 mg

Fiber: 3 g

Protein: 4 g



冬菇素菜藕湯

做20份 (每份 = 1 杯)

用料:

冬菇, 浸軟	20 粒
眉豆	2 杯
蓮藕, 去皮, 切細	2 條
水	20 杯
陳皮	1 片
生花生	1 杯
急凍去殼栗子	1 磅
紅棗	15 粒
蜜棗	6 粒
鹽	1 茶匙

做法:

1. 冬菇和眉豆在雪櫃裡浸過夜至軟身。
2. 將蓮藕洗乾淨, 去皮, 切細。
3. 將所有用料置大鍋中, 大火煮沸。
4. 轉中火煮3小時。
5. 加鹽便成。

每份營養含量:

熱量: 139
脂肪總量: 4 克
飽和脂肪: 1 克
膽固醇: 0 毫克
鈉質: 131 毫克
纖維素: 3 克
碳水化合物: 23 克
蛋白質: 4 克



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Mango-Cucumber Wrap

Makes 4 servings
(1 serving = 1 wrap)

Ingredients

- 1 carrot
- 1 mango
- 1 cucumber
- 4 pieces rice paper
- Mint leaves

Nutrition information (per serving)

Calories: 89	Total Fat: 0 g
Saturated Fat: 0 g	Trans Fat: 0 g
Cholesterol: 0 mg	Sodium: 17 mg
Carbohydrates: 21 g	Dietary Fiber: 2 g
Protein: 2 g	



Preparation

1. Wash carrot, mango, and cucumber. Peel off cucumber skin, cut it in half and take out the seeds. Peel mango and carrot skin.
2. Cut cucumber, carrot and mango into thin strips, and set them aside in a bowl.
3. Prepare a large bowl of hot water.
4. Do one roll at a time. Place 1 piece of rice paper into hot water and take it out immediately when it turns soft.
5. Place softened rice paper on a flat plate. Put prepared fruits and vegetables in the middle, top with a sprig of mint and wrap into a roll and serve.



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芒果青瓜卷

做4份(每份 = 1條)

用料:

胡蘿蔔	1條
芒果	1個
黃瓜(青瓜)	1條
米紙	4張
薄荷葉	少許

每份營養含量:

熱量:89	脂肪總量:0克
飽和脂肪:0克	反式脂肪:0克
膽固醇:0毫克	鈉質:17毫克
碳水化合物:21克	
纖維素:2克	
蛋白質:2克	



做法:

1. 將胡蘿蔔, 芒果, 和黃瓜洗乾淨, 去皮。黃瓜切開一半, 去瓜囊。
2. 將黃瓜, 蘿蔔, 和芒果切成幼條狀, 放在一個碗裏。
3. 準備一大碗熱水。
4. 將米紙逐一放進熱水裏, 變軟後立刻取出。
5. 把軟米紙放在碟子上。在米紙中間放上預先準備好的蔬菜水果材料, 再放上薄荷葉, 包成春卷狀便可食用。



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Frozen Tofu in Supreme Stock

Makes 4 servings

(1 serving = 4 slices each of tofu
& ham and 1/2 cup cooked broccoli)

Ingredients

- 4 pieces 2 inches x 2 inches firm tofu (frozen overnight or 8 hours ahead of time)
- 16 slices of ham, extra lean, 2 inches x 2 inches (approximately 5 oz total weight)
- 6 dried shiitake mushrooms, soaked for 30 minutes or until soft, stems removed
- 1 cup homemade supreme stock or low sodium chicken broth
- 2 cups broccoli florets
- 4 cups water (to steam the broccoli)

Sauce

- 2 teaspoons cornstarch
- 1 1/2 teaspoons soy sauce
- 1 teaspoon sugar
- 1/2 teaspoon sesame seed oil
- a pinch of white pepper

Preparation

1. Defrost frozen tofu under running tap water, squeeze out excess water. Cut each tofu square into 4 pieces, 1/2 inch thick for a total of 16 slices.
2. In a large bowl, arrange tofu and ham in an overlapping pattern around the side of the bowl. Place mushrooms in the center, and pour in the stock.
3. In a large pot or a wok, bring 4 cups of water to a boil. Put a steamer rack above the water, place the bowl with tofu, ham and mushrooms on the rack. Cover the pot and steam over high heat for 20 minutes, then remove from heat.
4. Drain the stock from the bowl into a medium sized saucepan. Cook the stock over medium heat, add the sauce ingredients and stir constantly to make light gravy.
5. Cover the bowl of steamed tofu with a large plate, invert bowl onto plate, and remove the bowl.
6. In a medium sized pot over high heat, bring 4 cups of water to a boil. Place steamer rack into pot. Add broccoli, cover and steam over medium heat for 4-5 minutes.
7. Garnish the tofu and ham arrangement with broccoli, pour gravy on top and serve.

Nutrition information (per serving)

Calories: 183 **Total fat:** 8 g **Saturated Fat:** 2 g **Cholesterol:** 18 mg **Sodium:** 567 mg
Fiber: 2 g **Carbohydrates:** 13 g **Protein:** 18 g

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上湯冰豆腐

做4份(每份 = 豆腐、火腿各4片, 熟西蘭花半杯)

用料:

硬豆腐, 2吋X 2吋	4塊
(硬豆腐先冰凍過夜或冰凍8小時)	
特瘦火腿, 2吋X 2吋	16片
(總重量5安士)	
冬菇, 浸軟(約30分鐘)、去蒂	6隻
家製上湯或低鹽雞湯	1杯
西蘭花(綠菜花)	2杯
水(蒸西蘭花用)	4杯

芡汁

粟米粉	2茶匙
醬油	1茶匙半
糖	1茶匙
芝麻油	半茶匙
白胡椒粉	少許

每份營養含量:

熱量: 183	脂肪總量: 8克
飽和脂肪: 2克	膽固醇: 18毫克
鈉質: 567毫克	纖維素: 2克
碳水化合物: 13克	
蛋白質: 18克	

做法:

1. 冰凍豆腐用水沖洗解凍, 擠乾水份。每塊切成4片, 每片半吋厚, 共16片。
2. 在一大碗內將豆腐、火腿沿碗邊間隔排放。中間放置冬菇, 灌注上湯進碗內。
3. 大鍋裡將4杯水燒沸, 置一蒸架在內, 把盛豆腐、火腿和冬菇的碗放架上, 蓋上鍋蓋大火蒸20分鐘後關火取出。
4. 將上湯汁泌出, 放鍋中, 加芡汁料, 中火拌勻勾薄芡。
5. 用一大碟蓋著盛豆腐的碗, 將碗反扣取去, 材料置碟中待用。
6. 用鍋燒沸4杯水, 置蒸架在內, 放入西蘭花中火蒸4至5分鐘。
7. 把西蘭花圍豆腐火腿圈伴碟, 澆上薄芡即可供吃。

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Pea Shoots in Supreme Stock

Makes 4 servings
(1 serving = ½ cup)

Ingredients

- 1 teaspoon vegetable or olive oil
- ½ teaspoon minced ginger
- 1 pound pea shoots
- 2 teaspoons cooking wine
- a pinch of sugar
- ¼ teaspoon salt
- ½ cup supreme stock or low sodium chicken broth
- 1 teaspoon cornstarch
- 1 red chili pepper, chopped for garnish (optional)



Preparation

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

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Nutrition information (per serving)

Calories: 58

Saturated Fat: 0 g

Sodium: 180 mg

Carbohydrates: 8 g

Total fat: 3 g

Cholesterol: 0 mg

Fiber: 2 g

Protein: 5 g



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上湯豆苗

做4份(每份=半杯)

用料:

菜油或橄欖油	1 茶匙
薑茸	半茶匙
豆苗	1 磅
酒	2 茶匙
糖	少許
鹽	¼ 茶匙
上湯(高湯) 或低鹽雞湯	半杯
粟米粉	1 茶匙
紅辣椒, 切碎伴	
碟用(可免)	1 隻



做法:

1. 高溫熱易潔鑊。下油, 旋勻鑊面。
2. 下薑茸, 炒香, 下豆苗、酒和糖, 一起炒至豆苗熟而青脆, 約3至5分鐘。將豆苗放碟上。
3. 把粟米粉、鹽和上湯調勻, 在鍋內用中火攪拌和勾薄芡, 約1分鐘。
- 4 把芡汁澆在豆苗上, 洒上紅辣椒裝飾即可供吃。

每份營養含量:

熱量: 58 脂肪總量: 3 克
飽和脂肪: 0 克 膽固醇: 0 毫克
鈉質: 180 毫克 纖維素: 2 克
碳水化合物: 8 克
蛋白質: 5 克



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Brown Rice Sushi

Makes 9 servings
(1 serving = 4 pieces)

Ingredients

- 3 cups brown rice, raw
- 3 cups water
- 4 tablespoons rice vinegar
- 1 teaspoon sugar
- 4-6 cucumbers
- 1 avocado
- ½ small pickled daikon (oriental radish)
- 10-15 medium-sized shrimp, shelled and de-veined
- 3 sheets Nori (dried seaweed)
- Sesame seeds for garnish (optional)

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Preparation

1. Using a measuring cup supplied by your rice cooker manufacturer, measure 3 cups of brown rice. Lightly rinse in water. Drain out water after wash. Cook according to rice cooker manufacturer's instructions for regular brown rice.
2. After rice is cooked, pour into a large pan or tray, add rice vinegar and sugar to cooked brown rice. Mix well.
3. Wash pickled daikon and cucumbers and cut each one into 6 long strips.
4. Cut avocado into half, remove skin and pit, and cut each half into 6 slices.
5. Boil shrimp in hot water until cooked, when shrimp turns pink. Set aside.
6. Place Nori sheet horizontally in front. Spread rice evenly on sheet; place 2 cucumber strips, 2 pickled daikon strips, 2 pieces avocado and 2 shrimp in the middle of rice.
7. Roll up tightly using sushi rolling mat. Cut sushi approximately ¾ inches in width and serve.



Nutrition information (per serving)

Calories: 291

Saturated Fat: 1 g

Cholesterol: 12 mg

Carbohydrates: 57 g

Protein: 8 g

Total Fat: 4 g

Trans Fat: 0 g

Sodium: 69 mg

Dietary Fiber: 4 g



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司壽米糙

做9份 (每份 = 4個)

用料:

糙米(生)	3杯
水	3杯
米醋	4湯匙
糖	1茶匙
青瓜(黃瓜)	4至6條
牛油果	1個
日本醃製蘿蔔	半條
蝦(去殼, 去腸)	10至15隻
紫菜	3張
芝麻(可免)	少許

每份營養含量:

熱量: 291	脂肪總量: 4克
飽和脂肪: 1克	反式脂肪: 0克
膽固醇: 12毫克	
鈉質: 69毫克	
碳水化合物: 57克	
纖維素: 4克	蛋白質: 8克

做法:

1. 用電飯鍋量杯, 取3杯糙米。用冷水輕微沖洗。洗完將水倒乾。依照電飯鍋原廠煮米的方法設定烹調時間。
2. 將煮熟的米飯放在一個大鍋或大盤裏, 加入米醋和糖攪拌均勻。
3. 將日本醃製蘿蔔和黃瓜洗淨, 然後各切成6條長條。
4. 牛油果切半, 去皮, 去核, 每半切成6片。
5. 用熱水將蝦煮熟(由透明轉到粉紅色)後, 放在一旁待用。
6. 將紫菜橫放在面前。將飯均勻鋪開在紫菜上, 在飯的中央放兩條黃瓜, 兩條日本醃製蘿蔔, 兩片牛油果和兩隻蝦。
7. 用壽司卷蓆將紫菜捲起, 然後將壽司卷切成每件約 $\frac{3}{4}$ 吋厚度的壽司, 即可享用。



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"Five Happiness" Fried Noodles

Makes 5 servings
(1 serving = 1½ cup)

Ingredients

- 10 cups of water
- 1 pound egg noodles
- 1 tablespoon vegetable or olive oil, divided
- 3 cups bean sprout
- 1 cup bamboo shoots, julienned (sliced thinly in strips)
- ½ cup shredded carrots
- ½ cup dried shiitake mushrooms, soaked for 30 minutes or until soft, stems removed, and julienned
- 2 green onions, julienned
- ½ teaspoon salt
- 1 teaspoon sugar
- 1 tablespoon soy sauce



Preparation

1. In a large pot on high heat, bring 10 cups of water to boil. Cook noodles in boiling water until tender or "al-dente," approximately 5 - 7 minutes, drain and set aside.
2. Heat a nonstick wok or pan over high heat. Add ½ tablespoon oil, swirling to coat the pan, add noodles and pan-fry until noodles are golden, about 7 to 10 minutes. Remove noodles from wok.
3. Add remaining ½ tablespoon oil to wok, add vegetables, and stir-fry until just cooked, about 5 to 7 minutes.
4. Return noodles to the wok, add salt, sugar and soy sauce. Stir to combine and serve.

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Nutrition information (per serving)

Calories: 425

Saturated Fat: 1 g

Sodium: 445 mg

Carbohydrates: 77 g

Total fat: 6 g

Cholesterol: 1 mg

Fiber: 6 g

Protein: 16 g



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五福炒麵

做5份 (每份 = 1 杯半)

用料:

水	10 杯
鮮蛋麵	1 磅
菜油或橄欖油, 分開用	1 湯匙
豆芽菜	3 杯
竹筍, 切絲	1 杯
胡蘿蔔, 切絲	半杯
冬菇, 泡軟(約30分鐘)、 去蒂、切絲	半杯
青蔥, 切絲	2 條
鹽	半茶匙
糖	1 茶匙
醬油	1 湯匙



做法:

1. 大鍋燒沸10杯水, 放麵進內燙, 麵要保持爽口, 約5至7分鐘, 撈起瀝乾留後用。
2. 易潔鑊裡燒熱半湯匙油, 將油旋勻鑊面, 下麵煎炒至呈金黃色, 約7至10分鐘, 取出待用。
3. 將剩餘的半湯匙油和蔬菜下鑊炒熟, 約5至7分鐘。
4. 加入麵拌勻, 下鹽、糖、和醬油調味, 盛起供吃。

每份營養含量:

熱量: 425
飽和脂肪: 1 克
鈉質: 445 毫克
碳水化合物: 77 克
蛋白質: 16 克

脂肪總量: 6 克
膽固醇: 1 毫克
纖維素: 6 克



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Chilled Honeydew Quencher



Makes 6 servings
(1 serving = 1 cup)

Ingredients

- 1 cup tapioca, soaked for 30 minutes
- 4 cups cold water
- 2 medium honeydew
- 1 tablespoon sugar
- *Requires food processor or blender

Preparation

1. Place tapioca and water in a pot. Bring water to a boil, and then lower heat to medium.
2. Cook till tapioca turns transparent.
3. Remove from heat and run under cold water.
4. Dice honeydew into cubes. Blend half of the honeydew cubes in food processor or blender. Add sugar; mix well.
5. Pour into 6 cups and mix the remaining honeydew cubes and 2 generous spoonfuls of tapioca into each cup. Serve chilled.

Recipe is used with permission from "Healthy Appetites" by Catherine Wong, MPH, RD, Rachel Lo, Michelle Lo, Colin Yan and Devin Yan, Nutrition Education and Obesity Prevention Chinese Project, Chinatown Public Health Center, San Francisco Department of Public Health.

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Nutrition information (per serving)

Calories: 249

Saturated Fat: 0 g

Cholesterol: 0 mg

Carbohydrates: 62g

Protein: 2 g

Total Fat: 1 g

Trans Fat: 0 g

Sodium: 75 mg

Dietary Fiber: 4 g



醒神蜜瓜西米凍

做6份 (每份 = 1杯)

用料:

西米, 泡軟 (約30分鐘)	1 杯
冷水	4 杯
蜜瓜 (中型)	2 個
糖	1 湯匙

* 需要攪拌機



做法:

1. 將水和西米倒進鍋裏煮沸, 然後降至中火。
2. 煮至西米變透明。
3. 關火, 用冷水沖洗西米。
4. 將蜜瓜切粒, 然後放一半蜜瓜粒進攪拌機裏攪拌。加糖攪拌均勻。
5. 將蜜瓜糊倒進6杯子裡, 加餘下蜜瓜粒和每杯2湯匙西米, 攪拌均勻。冷凍即可飲用。

每份營養含量:

每份熱量: 249	脂肪總量: 1 克
飽和脂肪: 0 克	反式脂肪: 0 克
膽固醇: 0	毫克鈉質: 75 毫克
碳水化合物: 62 克	
纖維素: 4 克	
蛋白質: 2 克	



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San Francisco
Department of Public Health

Baby Tomato Bites



Makes 6 servings
(1 serving = 2 slices)

Ingredients

- 12 ¾ inch slices of French bread
- ¼ cup low-fat mozzarella cheese, shredded
- 5 tomatoes, diced
- ½ teaspoon black pepper
- 8 basil leaves, chopped

Preparation

1. Preheat oven to 300°F.
2. Place thin layer of mozzarella cheese on each slice of bread.
3. Toast French bread slices in oven until cheese melts, about 5-8 minutes.
4. Mix diced tomatoes with black pepper.
5. Place diced tomatoes on top of cheese and garnish with chopped basil leaves. Serve immediately.

Nutrition information (per serving)

Calories: 190	Total Fat: 3 g
Saturated Fat: 1 g	Trans Fat: 0 g
Cholesterol: 6 mg	Sodium: 363 mg
Carbohydrates: 33 g	Dietary Fiber: 3 g
Protein: 9 g	

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蕃茄小麵包

做6份 (每份 = 2片)

用料:

法國麵包,	
切片	¾吋厚, 12片
低脂Mozzarella	
(義大利白乾酪)	
芝士絲	¼ 杯
蕃茄(切粒)	5 個
黑胡椒	半茶匙
羅勒葉(九層塔),	
切碎	8 片



做法:

1. 先將烤爐(焗爐)預熱至華氏300度。
2. 在每片麵包上, 放上一層薄薄的芝士絲。
3. 將麵包放入烤爐裡烤熟, 直至芝士溶掉, 需要大概5至8分鐘, 取出。
4. 將蕃茄粒和黑胡椒混合在一起。
5. 再將蕃茄粒放在芝士上, 撒上羅勒葉作裝飾後即可食用。

每份營養含量:

熱量: 190	脂肪總量: 3 克
飽和脂肪: 1 克	反式脂肪: 0 克
膽固醇: 6 毫克	鈉質: 363 毫克
碳水化合物: 33 克	
纖維素: 3 克	
蛋白質: 9 克	



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Chicken Lotus Root Patties

Makes 3 servings
(1 serving = 2 patties)

Ingredients

- 1 egg white
- 2 teaspoons sugar
- ¼ teaspoon salt
- 1 tablespoon cornstarch
- ½ teaspoon sesame oil
- 6 ounces skinless, boneless chicken breast, minced
- 3 cups lotus root, chopped or ground
- 1 teaspoon vegetable or olive oil (or nonstick cooking spray)

Preparation

1. In a large bowl, combine egg white, sugar, salt, cornstarch and sesame oil, whisk or stir. Add minced chicken, stir to coat.
2. Add ground lotus root and mix well.
3. Form chicken-lotus root mixture into 6 patties, each about 2 inches in diameter.
4. Heat a nonstick pan over medium heat, add 1 teaspoon oil, swirling to coat pan; or spray pan with non stick cooking spray.
5. Pan-fry patties on both sides until cooked and browned, about 5 minutes on each side, and serve.

Recipe is used with permission from "Healthy & Delicious – Simple Ways to Low Fat Chinese Cooking" by Catherine Wong, MPH, RD, and Martin Yan, MS, Nutrition Education and Obesity Prevention Chinese Project, Chinatown Public Health Center, San Francisco Department of Public Health.

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Nutrition information (per serving)

Calories: 243

Saturated Fat: 0 g

Sodium: 322 mg

Carbohydrates: 36 g

Total fat: 3 g

Cholesterol: 33 mg

Fiber: 9 g

Protein: 20 g



雞肉蓮藕餅

做3份 (每份 = 2個藕餅) **做法:**

用料:

蛋白	1個
糖	2茶匙
鹽	¼茶匙
粟粉	1湯匙
麻油	半茶匙
去皮雞胸肉, 剁茸	6安士
蓮藕, 磨茸	3杯
菜油或橄欖油 (或噴霧式食油)	1茶匙

1. 將蛋白、糖、鹽、粟粉和麻油置一大湯碗裡, 略拌。加入雞茸, 拌勻。
2. 加入蓮藕茸拌勻。
3. 將蓮藕雞茸揉成6個2吋直徑的肉餅。
4. 中火將易潔鑊燒熱, 下1茶匙油, 旋勻鑊面; 或用噴霧式食油噴勻鑊面。
5. 肉餅下鑊裡, 煎至兩面熟透呈金黃色, 大約每面五分鐘, 即可供吃。

每份營養含量:

熱量: 243	脂肪總量: 3克
飽和脂肪: 0克	膽固醇: 33毫克
鈉質: 322毫克	纖維素: 9克
碳水化合物: 36克	
蛋白質: 20克	



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