頁1

Department of Health

水果蔬菜不可少

日日記得二加三

Enjoy Fruits and Vegetables Every Day

Two plus Three is the way

健康蔬菜食譜

Healthy Vegetable Recipes

水果與蔬菜可以成為很多美味菜式的營養材料，此小冊子為大家提供一些快捷食譜，讓大家炮製一些好吃的小菜，助你進食更多蔬果之餘，亦能享受入廚樂。何不快快準備，讓自己成為廚藝精湛、注重健康的家庭大廚？

Fruits and vegetables can be nutritious ingredients of a lot of great dishes. Listed in this section are some quick and delicious recipes to help increase your fruit and vegetable consumption as well as the enjoyment of preparing your own food. Let's get ready to be a skilled and health conscious cook for your family!

欲知更多，可致電衛生署健康教育熱線

For further information, please call the

Health Education Hotline of the Department of Health

2833 0111

或瀏覽我們的「二加三」網站

or visit our "2 plus 3" website

<http://2plus3.cheu.gov.hk>

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頁2

翠花羹

Broccoli Chowder

（約2至3人份）

（Serves about 2 to 3 persons）

材料

西蘭花6両

上湯2杯

蛋白3隻（打勻）

蔥花少量

雲耳少量（浸軟切絲）

（註：1杯 = 240毫升）

 調味料

鹽少量

 芡汁

生粉3湯匙

水1/2杯

 烹調方法

•西蘭花洗淨，放入滾水煮熟，切成小塊。

•煮滾上湯，放入西蘭花及雲耳，加入蛋白攪拌和少量鹽調味。勾芡並灑上蔥花即成。

Ingredients

Broccoli - 230 grams

Stock - 2 cups

Eggs - 3 whites, beaten

Spring onion - small amount, diced

Black fungus - small amount, soaked and shredded

(Remark: 1 cup = 240 ml)

Seasoning

Salt - small amount

Sauce

Corn flour - 3 tbsp

Water - 1/2 cup

Preparation Method

•Rinse broccoli. Cook in boiling water until done. Cut into small pieces.

•Bring stock to boil. Add broccoli and black fungus. Stir in egg white. Season with salt. Thicken stock with corn flour sauce. Sprinkle with spring onion.

營養師提示 Smart Tips

•罐裝上湯的脂肪和鹽份較高，宜改用瘦肉或去皮雞肉煲湯，並在下鍋前將所有湯中的油脂去掉。

• Due to the high fat and salt content, canned stock is not recommended. Instead, stock can be made with lean pork or chicken without skin and visible fat should be removed before use.