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蕃茄吞拿魚杯

Tomato Cups with Tuna

（約6至8人份）

(Serves about 6 to 8 persons)

材料

蕃茄（中型）10個

粟米粒1/2杯

罐裝鹽水吞拿魚2罐

蜜糖少量

西芹1/2杯（切粒）

提子乾4湯匙

原味低脂乳酪1/2杯

（註：1杯 = 240毫升）

調味料

鹽少量

胡椒粉少量

烹調方法

・吞拿魚隔去鹽水，西芹洗淨切幼粒待用。

・乳酪混和蜜糖成沙律醬。

・蕃茄洗淨，切去頂部並把核挖出。

・將吞拿魚、西芹粒、粟米粒、提子乾、沙律醬及調味料拌好備用。

・將材料釀入蕃茄內，冷凍即成。

Ingredients

Tomatoes - 10 medium

Celery - 1/2 cup, cubed

Sweet com - 1/2 cup

Tuna fish canned in mineral water - 2 cans

Raisins - 4 tbsp

Plain low-fat yogurt - 1/2 cup

Honey - small amount

(Remark: 1 cup = 240 ml)

Seasoning

Salt - small amount

White pepper - small amount

Preparation Method

•Drain tuna fish. Wash and dice celery.

•Add honey into yogurt as salad dressing.

•Wash tomatoes. Make into cups by cutting off top and scooping seeds out.

•Mix tuna fish, celery, sweet com and raisins with salad dressing and seasoning.

•Put mixture into tomato cups and refrigerate before serving.

營養師提示 Smart Tips

•鹽水呑拿魚的脂肪是油浸呑拿魚的十分之一。

•以低脂乳酪代替傳統沙律醬有減少脂肪含量、增加鈣質的好處。蜜糖並非必耍，因為提子乾本身已擁有濃郁的夭然甜香。

•The fat content of tuna fish in mineral water is only one-tenth of that of tuna fish canned in oil.

•Using yogurt with honey instead of mayonnaise can increase calcium intake and lower the fat content of this recipe. You may also emit honey as raisins naturally give rich taste of sweetness .