

# 中国芹菜是什么？

你知道芹菜有三个品种吗？1. 芹菜：菜茎看起来有许多膨胀了关节。2. 茎芹菜：直而粗，肉质脆，绿色的茎。3. 中国芹菜：一种较小的叶芹菜，茎叶有更浓郁的芹菜味）。

在营养方面，中国芹菜富含维生素 K，维生素 B2、B5、B6 和 B9 以及钾。

中国芹菜比茎芹菜更芳香，风味更浓郁。叶子和茎都可以生或熟吃，但最好熟吃着。

## 芹菜 Chinese Celery

季节：5月至6月；9月至10月

Season: May-June; Sept.-Oct.

富含铁、钾和维生素 A、B1、B2、C 和 D

Rich in iron, potassium, and vitamins A, B1, B2, C, and D

含有芹菜素，具有抗炎、抗菌、抗病毒和抗氧化作用

Contains apigenin, which plays a role as an anti-inflammatory, antibacterial, antiviral, and antioxidant agent



# What is Chinese Celery?

Did you know there are three different kinds of celery? There's celeriac (a variety of celery grown for its swollen knobby stem resembling a tuberous root), the popular stalk celery (grown for its straight and thick, fleshy, crisp green stems), and then there's Chinese celery (a smaller variety of leaf celery grown for its stems and leaves and stronger celery taste).

In terms of nutrition, Chinese celery is high in vitamin K and a modest source of vitamins B2, B5, B6 and B9 and dietary potassium.

Chinese celery is more aromatic than stalk celery, with a strong taste and more intense flavor profile. You can eat both the leaves and stalks, raw or cooked, although it is best consumed cooked.

非常适合减肥吃

Great to eat for weight loss

可以帮助降低血压

Can help reduce blood pressure

每 100 克

16 卡路里 0g 蛋白质  
0g 脂肪 1g 纤维  
2g 碳水化合物, 1g 总糖

PER 100 GRAMS:

16 calories 0g protein  
0g fat 1g fiber  
2g carb, 1g total sugars

# 吃得好, 保持健康! Eat Well, Stay Healthy!



## 蔬菜聚光灯: 芹菜

## Vegetable Spotlight: Chinese Celery




  
 Center for Regional Food and Farming




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# 芹菜炒豆腐 (4人份)

## Veggie Tofu Stir Fry (serves 4)

### 食材

- 1块硬豆腐，切小块
- 1/2 束中国芹菜，切小段
- 1个辣椒
- 1汤匙芝麻油
- 2汤匙绍兴酒
- 2汤匙生抽
- 1茶匙玉米淀粉
- 白胡椒

### INGREDIENTS

- 1 block firm tofu, cubed
- 1/2 bunch Chinese celery, thinly sliced
- 1 pepper
- 1 tbsp sesame oil
- 2 tbsp Shaoxing wine
- 2 tbsp light soy sauce
- 1 tsp cornstarch
- White pepper



#### 第1步

将绍兴酒、玉米淀粉、麻油、酱油和少许白胡椒粉搅拌在一起制成腌料。将豆腐腌30分钟。

#### STEP 1

Stir the Shaoxing wine, cornstarch, sesame oil, soy sauce, and a dash of white pepper together to make a marinade. Marinate the tofu for 30 min.



#### 第3步

将辣椒放入锅中，炒约1分钟。加入芹菜，再煮一分钟。

#### STEP 3

Add the peppers to the wok and sauté for about 1 min. Add the celery and cook for another minute.



#### 第2步

在炒锅上用高温加热少许油。将豆腐两面煎至微黄。从锅中取出。

#### STEP 2

Heat a dash of oil on a wok over high heat. Pan fry the tofu on both sides until slightly brown. Remove from heat.



#### 第4步

将豆腐加入锅中，轻轻搅拌。将一些腌料倒在盘子上以增加风味。与米饭一起享用！

#### STEP 4

Add the tofu to the wok and gently stir all together. Pour some of the marinade over the dish for more flavor. Serve with rice and enjoy!