

## How to Eat Well on a Budget

1. Make use of frozen fruits and vegetables
  - Not everything you buy needs to be fresh to be nutritious! Many canned and frozen products have the same amount of nutrients as fresh foods! Make sure to read the labels to make sure no extra sugar or salt is added.
2. Choose seasonal foods
  - When fruits and vegetables are in season, they flood the market, bringing their price down! Take advantage of those sales!
3. Buy more plant-based proteins
  - Plant-based proteins, such as tofu or beans, are cost-effective and healthy. Instead of buying meat for every meal, supplement every so often with a plant-based protein.

## 如何吃得好在你的預算之內

1. 利用冷冻水果和蔬菜
  - 并非您购买的所有东西都需要新鲜才有营养！许多罐头和冷冻产品的营养成分与新鲜食品相同！请务必阅读标签以确保没有添加额外的糖或盐。
2. 选择时令食物
  - 当水果和蔬菜在时令时，它们会涌入市场，从而降低价格！利用低价购买食物！
3. 购买更多植物蛋白
  - 豆腐或豆类等植物性蛋白质既经济又健康。与其每餐都买肉，不如经常补充植物性蛋白质。

## 吃得好, 保持健康! Eat Well, Stay Healthy!



### 蔬菜聚光灯: 红菜苔

### Vegetable Spotlight: Hon Tsai Tai



膳食纤维的重要来源

Great source of dietary fiber

←.....

丰富不同的抗氧化剂来源，可降低多种疾病的风险

Rich source of different antioxidants, which can reduce the risk of many diseases

←.....

每 100 克	PER 100 GRAMS:
48 卡路里	48 calories
1.3g 蛋白质	1.3g protein
0.3g 脂肪	0.3g fat
2.8g 纤维	2.8g fiber
0.8g 碳水化合物	0.8g carb

## 红菜苔 HON TSAI TAI

季节: 5月至10月  
Season: Late May to October

.....➔  
富含叶酸、维生素 A 和 C、钙和铁

Rich source of folate, vitamin A&C, calcium, and iron

.....➔  
可提供甲状腺功能和骨骼健康

May support thyroid function and bone health

Center for Regional Food and Farming

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# 红菜苔煎饼 (4-6人份)

## Hon Tsai Tai Pancake

(serves 4-6)

### 食材

- 8个鸡蛋
- 1束红菜苔，洗净切碎
- 8个香菇，泡软，切成薄片
- 1个洋葱，切成薄片
- 2个蒜瓣，切碎
- 3汤匙植物油
- 1汤匙味醂

### INGREDIENTS

- 8 eggs
- 1 bunch hon tsai tai, roughly chopped
- 8 dried shiitake mushrooms, soaked in hot water and thinly sliced
- 1 onion, thinly sliced
- 2 garlic cloves, minced
- 3 tbsp vegetable oil
- 1 tbsp mirin

### 做法步骤

1. 将鸡蛋打入碗中,加入味醂和少许盐,胡椒粉,搅拌均匀。放到一边。
2. 在一个大锅里,放入2汤匙油,加热。加入香菇炒2-3分钟。然后加入洋葱和大蒜,炒5-7分钟。加入红菜苔,炒到红菜苔变嫩,大约2分钟。
3. 在锅中再加入1汤匙油。将鸡蛋倒在蔬菜上。将火调小再盖上锅盖。煮约10-12分钟,直到鸡蛋煮熟。即可享用!

### INSTRUCTIONS

1. Crack eggs into a bowl; add mirin and a pinch of salt & pepper and whisk together.
2. In a large pan, heat 2 tbsp of oil. Add shiitakes and stir fry for 2-3 min. Add onions and garlic and stir fry for about 5-7 min. Add hon tsai tai and saute until just wilted, about 2 min.
3. Add another 2 tbsp of oil to the pan. Pour eggs over the vegetables. Lower the heat and cover. Cook about 10-12 minutes until eggs are cooked through. Serve and enjoy!



### 厨师的小贴士



整株植物都可以食用,所以在烹饪中使用茎、叶和花! 将其添加到任何菜肴中以获得额外的营养。

### CHEF'S TIP

The whole plant is edible, so use the stems, leaves, and flowers in your cooking! Add it to any dish for some extra nutrients.