

# Grow Your Own Scallions

Did you know that you can grow scallions in your own home? Here's how:

1. Cut your scallions two inches above the roots then place the roots in a glass of water.
2. Place the glass near a sunny window—scallions grow best with 6-8 hours of sunlight a day.
3. Change the water every day. Within about one week, you'll have a brand new set of scallions!



# 葱 Scallions

季节：6月至10月

Season: June to October

大量的维生素 K 有助于血液凝结并保持骨骼强壮

High amounts of vitamin K which helps your blood clot and keeps your bones strong

有助于保持心脏强壮和健康

Can help keep your heart strong and healthy



# 自己培養葱

你知道你可以在自己的家里种葱吗？就是这样简单的三步骤：

1. 在根部上方两英寸处切下大葱，然后将根部放入一杯水中。
2. 将玻璃放在阳光充足的窗户附近：—每天有 6-8 小时的阳光照射，葱的生长最好。
3. 每天换水。大约一周之内，您将拥有一套全新的大葱！

维生素 C 的良好来源，有助于增强免疫力，预防疾病和感染

Good source of vitamin C to boost immunity and prevent illness and infection

含有某些可能预防癌症的化合物  
Contains certain compounds that might protect against cancer

### 每 100 克

32 卡路里 1.8g 蛋白质  
0.2g 脂肪 2.6g 纤维  
7g 碳水化合物, 2.3g 总糖

### PER 100 GRAMS:

32 calories 1.8g protein  
0.2g fat 2.6g fiber  
7g carb, 2.3g total sugars

# 吃得好, 保持健康!

## Eat Well, Stay Healthy!



## 蔬菜聚光灯:

## 葱

## Vegetable Spotlight: Scallions



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# 豆腐褒 (4-5人份)

Tofu Bowl (serves 4-5)

## 食材

- 1包老豆腐，切丁
- 1/3杯低钠酱油
- 1汤匙米醋
- 1汤匙芝麻油
- 4瓣大蒜，切碎
- 1茶匙红辣椒片
- 1根黄瓜，切丁
- 1根胡萝卜，切丝
- 1束葱，切碎
- 1汤匙芝麻
- 2杯糙米，煮熟



将酱油、米醋、芝麻油、蒜瓣红辣椒片，和豆腐加入一个碗中。  
Mix together the soy sauce, rice vinegar, sesame oil, garlic, and red pepper flakes in a bowl.



将豆腐腌制至少20分钟。  
Marinate the tofu in the sauce for at least 20 min.

## INGREDIENTS

- 1 package firm tofu, cubed
- 1/3 cup low sodium soy sauce
- 1 tbsp rice vinegar
- 1 tbsp sesame oil
- 4 garlic cloves, minced
- 1 tsp red pepper flakes
- 1 cucumber, diced
- 1 carrot, shredded
- 1 bunch scallions, chopped
- 1 tbsp sesame seeds
- 2 cups brown rice, cooked



鍋中放少許油，加热后，放入豆腐煎至金黃。  
Pan fry the tofu on either side until golden brown.



将煮熟的糙米、黄瓜、胡萝卜、葱和豆腐放入碗中。在上面撒上芝麻，尽情享受吧！  
Add the brown rice, cucumber, carrot, scallions, and tofu to a bowl. Top with sesame seeds and enjoy!