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 windowscallions 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!



你知道你可以在自己的家里种葱吗?就是这样簡單的三步驟:

- 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!





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

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

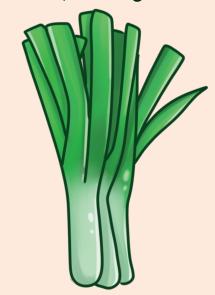
32 卡路里 1.8g 蛋白质 0.2g 脂肪 2.6g 纤维 7g 碳水化合物, 2.3g 总糖

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



7g carb, 2.3g total sugars This resource is supported by the National Institutes of Health, National Institute of Minority Health and Health Disparities grant 2U54MD000538-15 and by funding from the BMS Foundation.

豆腐褒 (4-5人份)

Tofu Bow (serves 4-5)

食材

- 1包老豆腐,切丁
- %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

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



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.



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.



将豆腐腌制至少20分钟。

Marinate the tofu in the sauce for at least 20 min.



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!