

# 健康蔬果美食

## Healthy Chinese Cuisine Using Fruits and Vegetables

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Photography by: Rosa To



# Foreword

*Being overweight and obese has become a major health problem in California, including in our Chinese community. In California, more than a third of Chinese adults are overweight or obese.<sup>1</sup> Among Chinese Americans, approximately 2% of normal weight adults have diabetes, whereas this number rises to more than 11% for adults who are obese.<sup>2</sup>*

*Among Asian Americans, 58% of California children<sup>3</sup> and 77% of adults<sup>1</sup> are not eating enough fruit and vegetables. Eating at least 2 to 6½ cups of fruits and vegetables (depending on your age, gender and activity level), and getting 30 to 60 minutes of physical activity every day, may help to lower our risk of becoming overweight and our risk of cancer, heart disease, Type 2 diabetes and obesity.<sup>4</sup>*

*This bilingual booklet suggests ways to increase fruit and vegetable consumption and provides helpful tips on staying active. These easy methods to improve intake of fruits and vegetables are enhanced by celebrity chef Martin Yan and nutritionist Catherine Wong from Chinatown Public Health Center. They share their secrets for healthy eating and cooking using authentic Chinese recipes.*

*I am pleased to recommend this well written and illustrated booklet that will help keep you healthy.*



*Sincerely,*

A handwritten signature in black ink that reads "Edward A. Chow". The signature is fluid and cursive.

Edward A. Chow, MD  
San Francisco Health Commissioner

Executive Director, Chinese Community Health Care Association

(1) California Department of Public Health, Nutrition Education and Obesity Prevention Branch, Behavioral Risk Factor Surveillance System, 2013.

(2) Staimez, L.R., Weber, M.B., Venkat Narayan, K.M & Oza-Frank, R. (2013). A systematic review of overweight, obesity, and type 2 diabetes among Asian American subgroups. *Current Diabetes Reviews*, 9, 312-331.

(3) UCLA Center for Health Policy Research. AskCHIS 2011-2012. Eat five or more servings of fruits & vegetables compared by Asian ethnicity groups (7 level). Available at <http://ask.chis.ucla.edu>. Exported on October 12, 2015.

(4) U.S. Department of Agriculture, Dietary Guidelines for Americans 2010, <http://health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf>, retrieved 9/30/14

# Foreword

*Obesity is a leading public health problem in the United States, with more than 40% of adults and approximately 19% of children categorized as obese.<sup>5</sup> Based on a recent statewide survey, over 38% of Chinese adults are overweight or obese and over 79% are not eating enough fruits and vegetables.<sup>6</sup> With respect to dietary behaviors, fruit and vegetable consumption promotes nutrient adequacy, disease prevention, overall good health, and may also protect against weight gain.<sup>7</sup>*

*To help prevent obesity and diet-related health problems, follow the current Dietary Guidelines for Americans:<sup>8</sup>*

- make half your plate fruits and vegetables,*
- make at least half your grains whole grains, and*
- switch to fat-free or low-fat milk and milk products.*

*When planning meals, serve smaller portions, drink fewer sugary beverages, like soda, juice drinks and energy drinks, and use low sodium ingredients. If you don't drink milk you can try calcium fortified almond, soy or rice milk or lactose-free milk. In general, lactose-free milk provides more nutrition than the other options.*

*This cookbook will help you prepare healthy and traditional home-cooked Chinese meals for you and your family.*

*Look to the meal planning guide to see if your family is eating enough fruits and vegetables to promote good health. Refer to the physical activity suggestions to see how you and your family can include the daily physical activity that is so important in maintaining whole body wellness.*

*We wish you and your family many years of good health.*

*Sincerely,*

Caroline Kurtz, Chief, Nutrition Education and Obesity Prevention Branch  
Division of Chronic Disease and Injury Control  
Center for Healthy Communities  
California Department of Public Health

(5) Warren, M., Beck, S., & Rayburn, J. (2018). The state of obesity: Better policies for a healthier America. Retrieved April 11, 2019 from <https://media.stateofobesity.org/wp-content/uploads/2019/02/19162010/stateofobesity2018.pdf>.

(6) UCLAS Center for Health Policy Research. AskCHIS 2017. Available at <http://ask.chis.ucla.edu>. Exported on April 11, 2019.

(7) California Department of Public Health, Nutrition Education and Obesity Prevention Branch (2014). Obesity in California: The weight of the state 2000-2012. Retrieved October 12, 2015 from <https://www.cdph.ca.gov/programs/cpns/Documents/ObesityinCaliforniaReport.pdf>.

(8) U.S. Department of Agriculture and U.S. Department of Health and Human Services. Dietary Guidelines for Americans, 2015. 7th Edition, Washington, DC: U.S. Government Printing Office, December 2015.



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# Nutrition Education and Obesity Prevention Chinese Project

*The Nutrition Education and Obesity Prevention Chinese Project (formerly Network for a Healthy California - Chinese Project) would like to present to you a colorful and flavorful way of healthy eating incorporated into Chinese cooking.*

*Healthy eating and active lifestyles are the primary ways to prevent major causes of chronic disease and death in the United States. Research shows that eating at least 2½ cups of vegetables and fruits per day is associated with a reduced risk of heart disease and stroke. Some vegetables and fruits may aid in protecting against certain types of cancer.<sup>9</sup> Strong evidence indicates that having regular moderate-intensity physical activity for at least 150 minutes per week lowers the risk of developing heart disease, stroke, high blood pressure, type 2 diabetes and certain types of cancer.<sup>10</sup>*

*This booklet informs you of the Dietary Guidelines for Americans by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services, health benefits of fruits and vegetables, the amount that you need to eat, and the healthier ways of cooking with fruits and vegetables. We have chosen the galloping horse for our project logo because it symbolizes health, strength and vitality for the Chinese.*

*Enjoy eating a variety of colors and flavors of fruits and vegetables, be active and change your family's lifestyle to lower the risk of many chronic diseases.*

*We wish you and your family an energetic and healthy life!*

*Sincerely,*



Catherine Wong M.P.H., R.D.

Nutrition Manager

Chinatown Public Health Center

*San Francisco Department of Public Health*

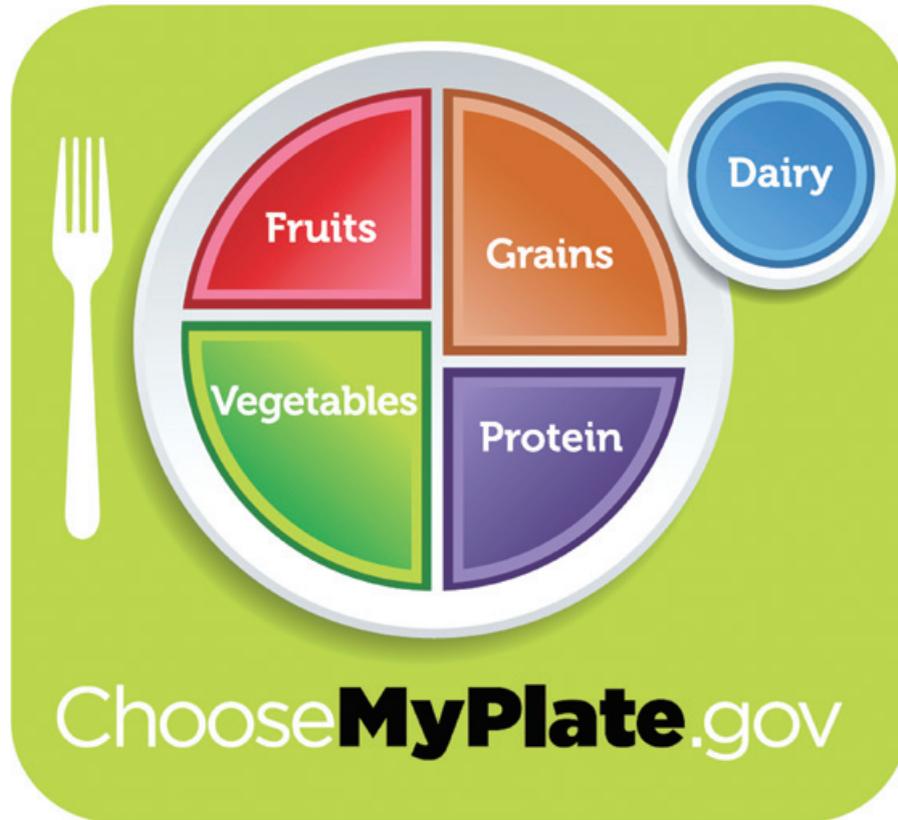
(9) U.S. Department of Agriculture, Dietary Guidelines for Americans 2010, <http://health.gov/dietaryguidelines/dga2010/DietaryGuidelines2010.pdf>, retrieved 9/30/14

(10) U.S. Department of Health and Human Services, 2008 Physical Activity Guidelines for Americans, <http://www.health.gov/paguidelines/pdf/paguide.pdf>, retrieved 6/9/15

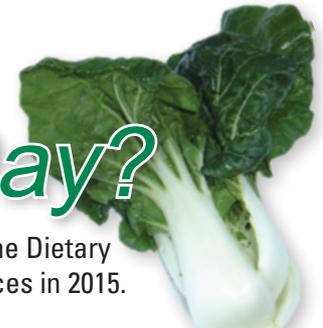


# Choose MyPlate

Get your own Daily Food Plans! Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) Start Simple with MyPlate and get tips, ideas and a personalized plan to meet your food group targets.



Source: [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov), USDA, 2015



# What Should I Eat Every Day?

This is the recommendation for food intake and physical activity according to Choose MyPlate and the Dietary Guidelines by the U.S. Department of Agriculture and the U.S. Department of Health and Human Services in 2015.

**GRAINS**  
Make half of your grains whole

Eat at least 3 oz. of whole grain cereals, breads, crackers, rice, or pasta every day.

1 oz. is about:

- 1 slice of bread, or
- 1 cup of ready-to-eat cereal flakes, or
- ½ cup of cooked rice, cereal, or pasta

**VEGETABLES**  
Vary your veggies

Eat more dark-green veggies like broccoli, spinach, and other dark leafy greens.

Eat more orange vegetables like carrots and sweet potatoes.

Eat more dry beans and peas like soy beans, kidney beans, and black beans.

**FRUITS**  
Focus on fruits

Eat a variety of fruits.

Choose fresh, frozen, canned, or dried fruit.

Go easy on fruit juices.

**Dairy**  
Get your calcium-rich foods

Go low-fat or fat-free when you choose milk, yogurt, and other milk products.

If you don't or can't consume milk, choose lactose-free products or other calcium fortified foods and beverages.

**Protein**  
Go lean with protein

Choose low-fat or lean meats, poultry, and fish.

Bake it, broil it, or grill it.

Vary your protein sources – choose more beans, peas, nuts and seeds.

1 oz = a piece of meat, fish, or skinless chicken the size of a mahjong tile, or 1 egg, or ¼ cup tofu, or ¼ cup cooked dry beans

For a 2,000-calorie diet, you need the amounts below from each food group. To find the amounts that are right for you, go to <http://www.choosemyplate.gov/myplate/index.aspx>

**Eat 6 oz. every day**

**Eat 2½ cups every day**

**Eat 2 cups every day**

**Get 3 cups every day**

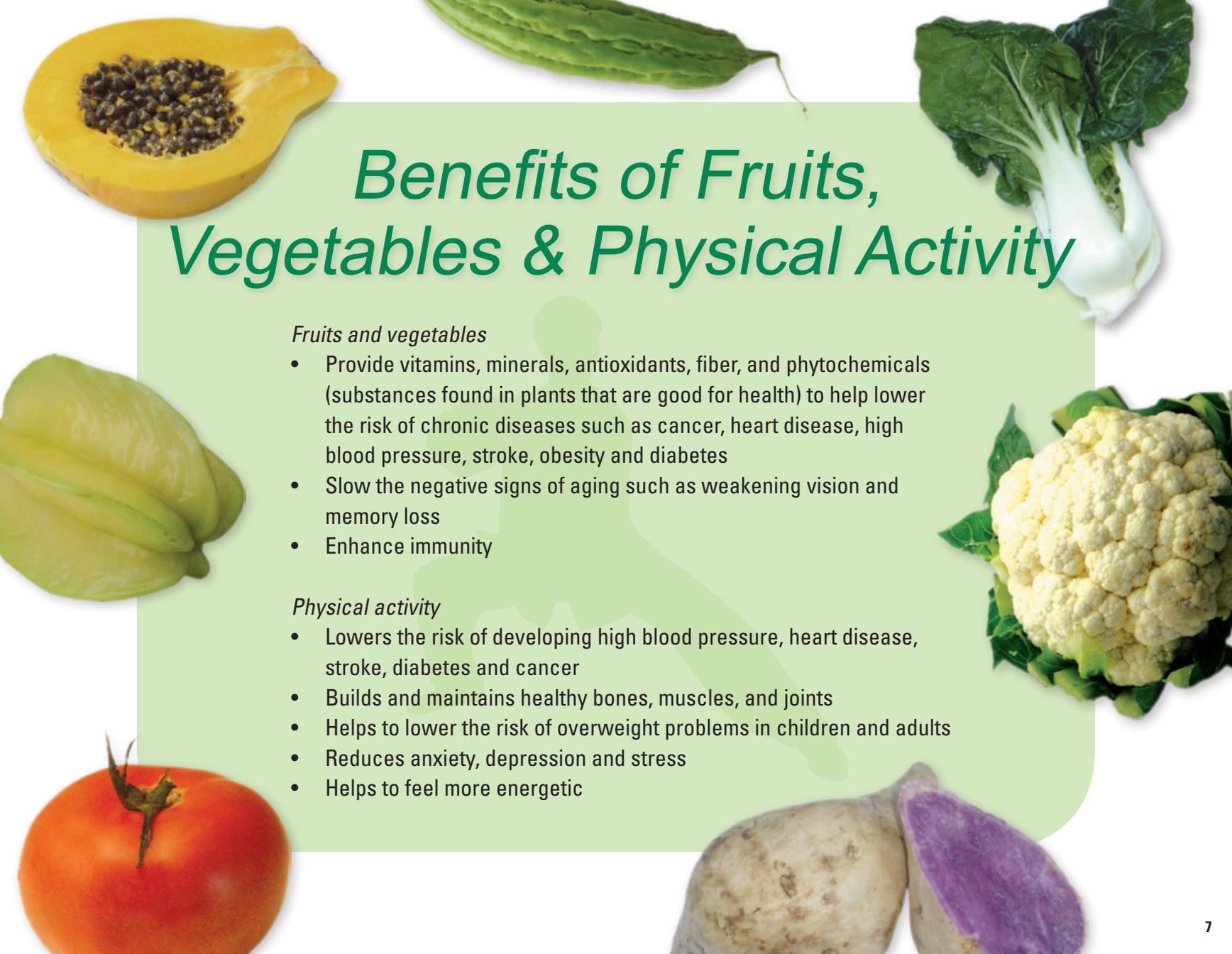
**Eat 5½ oz. every day**

**Find your balance between food and physical activity**

- Stay within your daily calorie needs.
- Be physically active for at least 30 minutes most days of the week.
- About 60 minutes a day of physical activity may be needed to prevent weight gain in adults.
- For sustaining weight loss, at least 60 to 90 minutes a day of physical activity may be required.
- Children and teenagers should be physically active for 60 minutes every day, or most days.

**Know the limits on fats, sugar, cholesterol and salt (sodium)**

- Make most of your fat sources from fish, nuts, and vegetable oils.
- Limit solid fats like butter, stick margarine, shortening, and lard, as well as foods that contain these.
- Check the Nutrition Facts label to keep saturated fats, trans-fats, cholesterol, and sodium low.
- Choose food and beverages low in added sugar. Added sugar contributes calories with few, if any, nutrients.



# *Benefits of Fruits, Vegetables & Physical Activity*

## *Fruits and vegetables*

- Provide vitamins, minerals, antioxidants, fiber, and phytochemicals (substances found in plants that are good for health) to help lower the risk of chronic diseases such as cancer, heart disease, high blood pressure, stroke, obesity and diabetes
- Slow the negative signs of aging such as weakening vision and memory loss
- Enhance immunity

## *Physical activity*

- Lowers the risk of developing high blood pressure, heart disease, stroke, diabetes and cancer
- Builds and maintains healthy bones, muscles, and joints
- Helps to lower the risk of overweight problems in children and adults
- Reduces anxiety, depression and stress
- Helps to feel more energetic



# How Many Cups of Fruits & Vegetables Should an Adult Eat?

The amount of fruits and vegetables an adult needs every day depends on his/her gender, age, and activity level.

The following daily amounts are recommended for individuals who get less than 30 minutes per day of physical activity beyond regular daily activities. If you get more physical activity, you would need to eat an additional ½ cup to 1 cup of vegetables and up to ½ cup additional fruit . <sup>11</sup>

Gender	Age	*Sedentary	
		Fruit	Vegetable
Female	19-30 Years	2 cups	2 ½ cups
	31-50 years	1 ½ cups	2 ½ cups
	51+ years	1 ½ cups	2 cups
Male	19-30 years	2 cups	3 cups
	31-50 years	2 cups	3 cups
	51+ years	2 cups	2 ½ cups

\*Sedentary: less than 30 minutes a day of moderate physical activity in addition to daily activities.

\*Moderately Active: 30 to 60 minutes a day of moderate physical activity in addition to daily activities.

\*Active: 60 or more minutes a day of moderate physical activity in addition to daily activities.

(\*) See page 13 for more details

(11) U.S. Department of Agriculture, Dietary Guidelines for Americans 2015, [www.choosemyplate.gov/dietary-guidelines](http://www.choosemyplate.gov/dietary-guidelines)



# How Many Cups of Fruits & Vegetables Should a Child or Youth Eat?

The amount of fruits and vegetables a child or a teenager needs every day also depends on his/her gender, age, and activity level. \*

The Dietary Guidelines for Americans 2015 and Choose MyPlate recommend the following daily amounts for children and youth who are sedentary (getting less than 30 minutes per day of physical activity beyond regular daily activities). Those who are more physically active may require more while staying within their calorie needs.<sup>12</sup>

Gender	Age	* Sedentary	
		Fruit	Vegetable
<b>Children (Boys and Girls)</b>	<b>2-3 years</b>	1 cup	1 cup
<b>Girls</b>	<b>4-8 years old</b>	1 - 1 ½ cups	1 ½ cups
	<b>9-13 years old</b>	1 ½ cups	2 cups
	<b>14-18 years old</b>	1 ½ cups	2 ½ cups
<b>Boys</b>	<b>4-8 years old</b>	1 ½ cups	1 ½ cups
	<b>9-13 years old</b>	1 ½ cups	2 ½ cups
	<b>14-18 years old</b>	2 cups	3 cups

\*Sedentary: less than 30 minutes a day of moderate physical activity in addition to daily activities.

\*Moderately Active: 30 to 60 minutes a day of moderate physical activity in addition to daily activities.

\*Active: 60 or more minutes a day of moderate physical activity in addition to daily activities.

(\*) See page 13 for more details

# What Counts as a Cup?

## Fruits:



1 small apple



1 large banana



1 large orange



1 large peach



8 large strawberries



1 cup 100% fruit juice



½ cup dried fruit



1 medium pear

## Vegetables:



1 cup cooked greens



1 medium potato



1 large sweet potato



2 large celery stalks



1 large whole tomato  
(uncooked)



2 cups raw  
leafy greens



1 cup chopped  
vegetable



1 cup cooked  
carrot

Source: [www.choosemyplate.gov/fruit](http://www.choosemyplate.gov/fruit), [www.choosemyplate.gov/vegetables](http://www.choosemyplate.gov/vegetables)

# How to Eat More Fruits & Vegetables Every Day

The meal pattern below demonstrates one way to eat 2 cups of fruit and 3 cups of vegetables. Use pages 14 and 16 to adjust this meal pattern to your recommended level of fruit and vegetable intake.

## Morning



½ purple yam or ½ sweet potato

= ½ cup

## Mid-day



1 cup cooked greens



1 apple

= 2 cups

## Snack



1 large banana

= 1 cup

## Evening



1 cup carrot soup  
(½ cup of carrots)



½ cup cooked  
string beans



½ cup cooked  
Chinese broccoli

= 1½ cups

**Total: 3 cups vegetable + 2 cups fruit = 5 cups**



# Tips for Eating More Fruits & Vegetables

- Add fresh fruit or no more than 4-6 ounces 100% fruit juice to breakfast
- Snack on fruits and vegetables
- Serve more vegetables and less rice at lunch and dinner
- Add more vegetables to the main dish and rice
- To enhance the flavor of vegetables, try using the Supreme Stock recipe below
- Use two or more different colored vegetables at meal times
- Serve fruit as a dessert
- Make a delicious smoothie with fresh or frozen fruit and low-fat or nonfat milk
- Add extra vegetable to sandwiches, such as cucumbers, tomatoes, peppers and sprouts



## Banana Berry Smoothie

### Ingredients:

- ½ banana, peeled and sliced
- 1 cup unsweetened frozen berries (strawberries, blueberries, and/or blackberries)
- ½ cup 1% lowfat or nonfat milk or soft tofu
- ½ cup 100% orange juice

### Preparation:

1. Place all ingredients in a blender container. Put lid on tightly.
2. Blend until smooth. If mixture is too thick, add ½ cup cold water and blend again.
3. Pour into 2 glasses and serve.

Makes 2 servings. One serving equals 1⅓ cups.

Preparation time: 5 minutes.

Source: Nutrition Education and Obesity Prevention Children's Power Play! Campaign. Kids...Get Cookin'! California Department of Public Health, 2009.

## Make Supreme Stock to enhance flavor in cooking

"Supreme stock" is used frequently in Chinese cooking; this kind of stock is often made in advance, and used for soup base. "Supreme stock" is usually made with meat or chicken and boiled for at least 3 hours until the flavor is intensified.

You can make your own: (recipe makes 15 cups of stock)

- In a large stock pot, combine 2 pounds lean pork, 1 whole chicken, and enough water to cover at least 4 inches above the ingredients. Cook over high heat. When the water boils, reduce to medium-low heat and simmer for 3 hours. Add 1 teaspoon salt, remove from heat and let stand to cool.
- With a slotted spoon, remove the pork and chicken from the stock. Divide the stock into several smaller, shallow containers and refrigerate for at least 6 hours, or until fat becomes solid on surface of stock. Remove the fat from the stock.
- Use the stock as soup base, sauces and gravies, or to add flavor to vegetable dishes.
- Freeze the stock in ice cube trays or small containers and store in the freezer for future use. Frozen stock can be kept in freezer up to 2 months.
- Try the different recipes using the Supreme Stock on pages 32, 44, 46 and 48.

**To prevent food borne illness, the stock should be separated into smaller shallow containers and be refrigerated immediately.**



# Tips for Physical Activity

## How much moderate to vigorous physical activity do we need every day?

- Adults – 30 minutes or more to lower the risk of chronic diseases  
60 minutes to prevent weight gain in adulthood  
90 minutes to sustain weight loss
- Children and youth – 60 minutes or more

Source: <http://www.choosemyplate.gov/physical-activity/amount.html>

**Moderate activities include:** dancing, biking, tai-chi, gymnastics, stretching, light gardening, luk-tung kuen, walking (3.5 mph), yoga

**Vigorous activities include:** aerobic dance, basketball, brisk walking (4.5 mph), jogging, jumping rope, heavy yard work, swimming

## Enjoy physical activity every day with family and friends

- For beginners, start with 10 to 15 minutes of physical activity a day, and gradually work up to 30 minutes a day or more
- Schedule a regular time each week for the family to enjoy physical activity together
- Include physical activity in family vacations
- Strengthen muscles and improve flexibility by lifting weights, stretching arms and legs, doing push-ups, sit-ups, leg-lifts, and arm-curls
- Do household chores that include physical activity, such as walking the dog, emptying the garbage, mopping or vacuuming the floors, washing the car, and mowing the lawn
- Limit the time on TV, video games, and computer to no more than 2 hours a day
- Bike or walk to work, walk with a co-worker during breaks or after lunch, use the stairs
- Start a walking group with neighbors, friends and/or relatives



# Mango-Cucumber Wrap



**Makes 4 servings (1 serving = 1 wrap)**

**Ingredients:**

- 1 carrot
- 1 mango
- 1 cucumber
- 4 pieces rice paper
- Mint leaves

**Preparation:**

1. Wash carrot, mango, and cucumber. Peel off cucumber skin, cut it in half and take out the seeds. Peel mango and carrot skin.
2. Cut cucumber, carrot and mango into thin strips, and set them aside in a bowl.
3. Prepare a large bowl of hot water.
4. Do one roll at a time. Place 1 piece of rice paper into hot water and take it out immediately when it turns soft.
5. Place softened rice paper on a flat plate. Put prepared fruits and vegetables in the middle, top with a sprig of mint and wrap into a roll and serve.

**Nutrition tips:**

You can try different combinations of fruit and vegetables! The various fruits and vegetables not only give colors to this dish, the colors of fruits and vegetables also indicate different combinations of vitamins, minerals and phytonutrients. Therefore, it is recommended that we eat a rainbow of color in order to obtain the benefits of different nutrients.

**Nutrition information per serving:**

**Calories:** 89

**Trans Fat:** 0 g

**Carbohydrates:** 21 g

**Total Fat:** 0 g

**Cholesterol:** 0 mg

**Dietary Fiber:** 2 g

**Saturated Fat:** 0 g

**Sodium:** 17 mg

**Protein:** 2 g

# Baby Tomato Bites

**Makes 6 servings (1 serving = 2 slices)**

## Ingredients:

- 12 ¼ inch slices of French bread
- ¼ cup low-fat mozzarella cheese, shredded
- 5 tomatoes, diced
- ½ teaspoon black pepper
- 8 basil leaves, chopped

## Preparation:

1. Preheat oven to 300°F.
2. Place thin layer of mozzarella cheese on each slice of bread.
3. Toast French bread slices in oven until cheese melts, about 5-8 minutes.
4. Mix diced tomatoes with black pepper.
5. Place diced tomatoes on top of cheese and garnish with chopped basil leaves. Serve immediately.



## Nutrition tips:

Tomatoes are one of the best sources of the antioxidant, lycopene, which may lower the risk of certain cancers and heart disease.

## Nutrition information per serving:

**Calories:** 190

**Trans Fat:** 0 g

**Carbohydrates:** 33 g

**Total Fat:** 3 g

**Cholesterol:** 6 mg

**Dietary Fiber:** 3 g

**Saturated Fat:** 1 g

**Sodium:** 363 mg

**Protein:** 9 g

# Brown Rice Sushi

**Makes 9 servings (1 serving = 4 pieces)**

## Ingredients:

- 3 cups brown rice, raw
- 3 cups water
- 4 tablespoons rice vinegar
- 1 teaspoon sugar
- 4-6 cucumbers
- 1 avocado
- ½ small pickled daikon (oriental radish)
- 10-15 medium-sized shrimp, shelled and de-veined
- 3 sheets Nori (dried seaweed)
- Sesame seeds for garnish (optional)

## Preparation:

1. Using a measuring cup supplied by your rice cooker manufacturer, measure 3 cups of brown rice. Lightly rinse in water. Drain out water after wash. Cook according to rice cooker manufacturer's instructions for regular brown rice.
2. After rice is cooked, pour into a large pan or tray, add rice vinegar and sugar to cooked brown rice. Mix well.
3. Wash pickled daikon and cucumbers and cut each one into 6 long strips.
4. Cut avocado into half, remove skin and pit, and cut each half into 6 slices.
5. Boil shrimp in hot water until cooked, when shrimp turns pink. Set aside.
6. Place Nori sheet horizontally in front. Spread rice evenly on sheet; place 2 cucumber strips, 2 pickled daikon strips, 2 pieces avocado and 2 shrimp in the middle of rice.
7. Roll up tightly using sushi rolling mat. Cut sushi approximately ¾ inches in width and serve.

## Nutrition tips:

Brown rice is a good alternative to white rice as it includes fiber which helps to prevent constipation. The bran content is rich in B-complex vitamins and minerals.

## Nutrition information per serving:

**Calories:** 291

**Trans Fat:** 0 g

**Carbohydrates:** 57 g

**Total Fat:** 4 g

**Cholesterol:** 12 mg

**Dietary Fiber:** 4 g

**Saturated Fat:** 1 g

**Sodium:** 69 mg

**Protein:** 8 g

# Rainbow Cups

**Makes 8 servings (1 serving = 1 filled spring roll cup)**

## Ingredients:

- 1 orange bell pepper, seeded and diced
- 1 red bell pepper, seeded and diced
- 2 cups dried shiitake mushroom, soaked for 30 minutes or until soft, stems trimmed and diced
- 1 cup diced jicama
- 1 cup fresh soybeans
- ½ teaspoon sesame seed oil
- 1 teaspoon sugar
- ¼ teaspoon salt
- 1 tablespoon cornstarch
- ½ cup water or stock
- 8 spring roll wrappers (cut into round shape)
- nonstick vegetable oil spray

## Preparation:

1. Preheat oven to 325° F
2. Lightly coat large muffin cups with nonfat cooking spray.
3. Place a spring roll wrapper in each muffin cup, and press firmly against the sides; bake in preheated oven until wrappers turn crispy and golden brown, about 1 minute.
4. Heat a large nonstick pan over high heat. Add vegetables and sesame seed oil and sauté until tender-crisp, about 3 to 5 minutes; season with sugar and salt.
5. In a large bowl mix cornstarch and water. Stir to eliminate lumps. Add to vegetables. Remove from heat.
6. Using a small spoon, scoop vegetables into spring roll cups and serve immediately.
7. Store unfilled baked spring roll cups in an airtight container and use within 3 days.



## Nutrition tips:

The combination of jicama, bell peppers, mushrooms, and fresh soybeans add interesting texture, flavor, color, phytochemicals, and fiber to this recipe.

Green bell pepper and button mushrooms can replace red and orange bell pepper and shiitake mushrooms for lower cost.

Fresh soybeans (may also be called “edamame”) are kept in the freezer section of the supermarket. If fresh soybeans are not available, use other dried beans such as chickpeas or navy beans, cooked.

## Nutrition information per serving:

**Calories:** 161

**Total fat:** 2 g

**Saturated Fat:** 0 g

**Cholesterol:** 3 mg

**Sodium:** 241 mg

**Fiber:** 4 g

**Carbohydrates:** 26 g

**Protein:** 8 g

# Sweet & Savory Burger

**Makes 6 servings (1 serving = 1 burger)**

## Ingredients:

- 2½ cups sweet potato, cubed & peeled
  - 2½ cups onion, chopped
  - 3 garlic cloves, chopped
  - 1 cup oats
  - 1 teaspoon ground cumin
  - ¾ teaspoon salt
  - 1 tablespoon vegetable oil, divided
  - 6 lettuce leaves
  - 6 1.9 ounce whole grain buns
  - 2 tomatoes, sliced
- Nonstick cooking spray  
\*Requires food processor

## Preparation:

1. Place sweet potatoes in a large saucepan; cover with water and bring to a boil. Reduce heat and simmer for 15 minutes or until tender. Drain.
2. Heat a large nonstick skillet over medium heat. Coat with cooking spray. Add chopped onions and garlic and sauté 5 minutes or until tender.
3. Place sweet potato, chopped onion mixture, oats, cumin, and salt in a food processor and process until smooth. Divide mixture into 6 equal portions, shaping each into ½-inch thick patties.
4. Heat 1½ teaspoons oil in pan over medium heat. Add 3 patties to pan and cook 4 minutes or until brown. Carefully turn patties over; cook 3 minutes or until brown. Remove cooked patties from pan, put on a plate and repeat procedure with remaining oil and patties.
5. Place onto buns with lettuce, tomatoes and other condiments of your choice and serve.

## Nutrition tips:

Sweet Potato is a good source of potassium, which is associated with controlling high blood pressure.

## Nutrition information per serving:

**Calories:** 319

**Trans Fat:** 0 g

**Carbohydrates:** 60 g

**Total Fat:** 6 g

**Cholesterol:** 0 mg

**Dietary Fiber:** 10 g

**Saturated Fat:** 2 g

**Sodium:** 567 mg

**Protein:** 13 g

# Baked French Fries



**Makes 4 servings (1 serving = 1 cup)**

## Ingredients:

- 5 potatoes cut into  $\frac{3}{4}$  inch wide strips
- 1 tablespoon garlic powder
- Vegetable oil spray

## Preparation:

1. Preheat oven to 400° F.
2. Place potato strips in a large bowl and sprinkle with garlic powder.
3. Coat a baking pan with vegetable oil spray.
4. Put one layer of potato strips on baking pan, place in oven and bake for 40 to 50 minutes, turning about every 8 minutes, until potato strips become crisp and golden.

## Nutrition tips:

Because the potatoes are baked, these “French Fries” contain less than one gram of fat per cup versus regular fries, which contain 15 grams of fat per cup; that is a saving of 3 teaspoons of added oil.

Purple yams can be used for additional health benefits.

## Nutrition information per serving:

**Calories:** 212

**Cholesterol:** 0 mg

**Carbohydrates:** 48 g

**Total fat:** trace

**Sodium:** 17 mg

**Protein:** 5 g

**Saturated Fat:** 0 g

**Fiber:** 7 g

# Apple Carrot Soup

**Makes 8 servings (1 serving = 1 cup)**

## **Ingredients:**

- 1 pound lean pork, cut into chunks
- 4 apples with skin, cored and quartered
- 4 large carrots, peeled, cut into chunks
- 1 piece dried orange peel (optional)
- 4 slices ginger
- ½ teaspoon salt
- 20 cups water

## **Preparation:**

1. In a large pot over high heat, combine all ingredients, bring to a boil.
2. Reduce heat to medium and simmer until soup reduces to about 8 cups of liquid, about 3 to 4 hours.
3. Skim fat from surface and serve.
4. Store leftover soup covered in refrigerator for up to 3 days.



## **Nutrition tips:**

Adding fruit to soup enhances the flavor and nutritional value.

### **Nutrition information per serving:**

**Calories:** 133

**Cholesterol:** 35 mg

**Carbohydrates:** 13 g

**Total fat:** 3 g

**Sodium:** 20 mg

**Protein:** 13 g

**Saturated Fat:** 1 g

**Fiber:** 3 g

# Lotus Root Mushroom Vegetarian Soup



**Makes 20 servings (1 serving = 1 cup)**

## Ingredients:

- 20 pieces mushrooms, soaked
- 2 cups black eyed peas
- 2 stalks lotus root, peeled and chopped
- 20 cups water
- 1 piece dried orange peel
- 1 cup raw peanuts
- 1 pound frozen peeled chestnuts
- 15 pieces red dates
- 6 pieces sweet dates
- 1 teaspoon salt

## Preparation:

1. Pre-soak the mushroom and black eyed peas overnight in refrigerator.
2. Wash lotus root, peel off the skin and chop into small pieces.
3. In a large pot over high heat, combine all ingredients, bring to a boil.
4. Reduce heat to medium and simmer for 3 hours.
5. Add salt to taste.

## Nutrition tips:

Mushroom, dried orange peel and dates all add flavor to this meatless soup. It's a good hearty meal with peanuts, chestnut and black eyed peas.

## Nutrition information per serving:

Calories: 139

Cholesterol: 0 mg

Carbohydrates: 23 g

Total fat: 4 g

Sodium: 131 mg

Protein: 4 g

Saturated Fat: 1 g

Fiber: 3 g

# Chicken Lotus Root Patties



**Makes 3 servings (1 serving = 2 patties)**

## Ingredients:

- 1 egg white
- 2 teaspoons sugar
- ¼ teaspoon salt
- 1 tablespoon cornstarch
- ½ teaspoon sesame oil
- 6 ounces skinless, boneless chicken breast, minced
- 3 cups lotus root, chopped or ground
- 1 teaspoon vegetable or olive oil (or nonstick cooking spray)

## Preparation:

1. In a large bowl, combine egg white, sugar, salt, cornstarch and sesame oil, whisk or stir. Add minced chicken, stir to coat.
2. Add ground lotus root and mix well.
3. Form chicken-lotus root mixture into 6 patties, each about 2 inches in diameter.
4. Heat a nonstick pan over medium heat, add 1 teaspoon oil, swirling to coat pan; or spray pan with non stick cooking spray.
5. Pan-fry patties on both sides until cooked and browned, about 5 minutes on each side, and serve.

## Nutrition tips:

Lotus root is a crunchy and nutritious vegetable that can be used to stretch a meat recipe and add fiber and vitamins at the same time!

### Nutrition information per serving:

Calories: 243

Cholesterol: 33 mg

Carbohydrates: 36 g

Total fat: 3 g

Sodium: 322 mg

Protein: 20 g

Saturated Fat: 0 g

Fiber: 9 g

# Frozen Tofu in Supreme Stock



## Nutrition tips:

Freezing the tofu produces a spongy and meaty texture.

Stock can enhance the flavor of vegetables and low fat dishes (refer to page 22 for direction on making stock).

For tofu, different brands may have different levels of calcium. Read the nutrition label to choose products with more calcium.

## Nutrition information per serving:

**Calories:** 183

**Cholesterol:** 18 mg

**Carbohydrates:** 13 g

**Total fat:** 8 g

**Sodium:** 567 mg

**Protein:** 18 g

**Saturated Fat:** 2 g

**Fiber:** 2 g

**Makes 4 servings** (1 serving = 4 slices each of tofu & ham and 1/2 cup cooked broccoli)

## Ingredients:

- 4 pieces 2 inches x 2 inches firm tofu  
(frozen overnight or 8 hours ahead of time)
- 16 slices of ham, extra lean, 2 inches x 2 inches  
(approximately 5 oz total weight)
- 6 dried shiitake mushrooms, soaked for 30 minutes or until soft, stems removed
- 1 cup homemade supreme stock (see pg. 22), or low sodium chicken broth
- 2 cups broccoli florets
- 4 cups water (to steam the broccoli)

## Sauce

- 2 teaspoons cornstarch
- 1½ teaspoons soy sauce
- 1 teaspoon sugar
- ½ teaspoon sesame seed oil  
a pinch of white pepper

## Preparation:

1. Defrost frozen tofu under running tap water, squeeze out excess water. Cut each tofu square into 4 pieces, ½ inch thick for a total of 16 slices.
2. In a large bowl, arrange tofu and ham in an overlapping pattern around the side of the bowl. Place mushrooms in the center, and pour in the stock.
3. In a large pot or a wok, bring 4 cups of water to a boil. Put a steamer rack above the water, place the bowl with tofu, ham and mushrooms on the rack. Cover the pot and steam over high heat for 20 minutes, then remove from heat.
4. Drain the stock from the bowl into a medium sized saucepan. Cook the stock over medium heat, add the sauce ingredients and stir constantly to make light gravy.
5. Cover the bowl of steamed tofu with a large plate, invert bowl onto plate, and remove the bowl.
6. In a medium sized pot over high heat, bring 4 cups of water to a boil. Place steamer rack into pot. Add broccoli, cover and steam over medium heat for 4-5 minutes.
7. Garnish the tofu and ham arrangement with broccoli, pour gravy on top and serve.

# Pea Shoots in Supreme Stock



**Makes 4 servings (1 serving = ½ cup)**

## Ingredients:

- 1 teaspoon vegetable or olive oil
- ½ teaspoon minced ginger
- 1 pound pea shoots
- 2 teaspoons cooking wine
- a pinch of sugar
- ¼ teaspoon salt
- ½ cup supreme stock or low sodium chicken broth
- 1 teaspoon cornstarch
- 1 red chili pepper, chopped for garnish (optional)

## Preparation:

1. Heat a nonstick wok or pan over high heat. Add oil, swirling to coat sides.
2. Add ginger. Stir until fragrant. Add pea shoots, wine, and sugar. Stir-fry until cooked but still bright green and crisp, about 3 to 5 minutes. Remove to a serving plate.
3. In a medium saucepan over medium heat, add cornstarch, salt and stock, and stir constantly. Cook for about 1 minute or until hot to make a thin sauce.
4. Pour sauce over pea shoots, garnish with red pepper and serve.

## Nutrition tips:

Pea shoots are sweet, tender, and high in fiber. Using stock enhances the flavor of pea shoots. If pea shoots are not available, substitute with spinach or any tender green vegetable.

## Nutrition information per serving:

**Calories:** 58

**Cholesterol:** 0 mg

**Carbohydrates:** 8 g

**Total fat:** 3 g

**Sodium:** 180 mg

**Protein:** 5 g

**Saturated Fat:** 0 g

**Fiber:** 2 g

# Chinese Broccoli with Wine and Sugar



**Makes 4 servings (1 serving = ¾ cup)**

## Ingredients:

- 1 pound Chinese broccoli
- 1 teaspoon vegetable or olive oil
- ½ teaspoon minced ginger
- 1 teaspoon sugar
- 1 tablespoon cooking wine
- ½ cup supreme stock or low sodium chicken broth
- ½ teaspoon salt

## Preparation:

1. Separate Chinese broccoli stems from leaves/flowers, and cut stems into 2-inch sections.
2. Over medium to high heat, heat a large nonstick pan, add oil and swirl to coat sides of the pan.
3. Add stems into the pan first, sauté for a few seconds, and then add Chinese broccoli leaves/flowers.
4. Add ginger, sugar, and wine. Continue to stir-fry.
5. Add stock, cover pan and let Chinese broccoli cook until tender but crisp and bright green, about 1 minute.
6. Add salt, mix well and serve.

## Nutrition tips:

Stir-frying leafy green vegetables quickly helps to keep some of the vitamins and color. Steaming is also a great way to maintain nutrient content and flavor of vegetables.

Ginger, wine and sugar combined, make a great seasoning to help bring out the flavor of these leafy greens.

## Nutrition information per serving:

Calories: 77

Cholesterol: 0 mg

Carbohydrates: 13 g

Total fat: 2 g

Sodium: 371 mg

Protein: 4 g

Saturated Fat: 0 g

Fiber: 2 g

# Vegetable and Chicken Dumplings with Chinese Broccoli

Makes 10 servings (1 serving = 6 dumplings)

## Ingredients:

60 thin wonton wrappers

2 pounds Chinese broccoli or 1½ pounds tender greens

## Filling

½ pound skinless, boneless chicken breast, finely chopped

1 cup finely chopped bok choy leaves

½ cup finely chopped jicama or bok choy stalks

4 dried shiitake mushrooms, soaked for 30 minutes or until soft, stems removed, and chopped

½ cup black fungus, soaked for 30 minutes or until soft, chopped (optional)

1 teaspoon sesame seed oil

½ teaspoon salt

3 teaspoons cornstarch

1 egg white

## Preparation:

1. In a large bowl, combine filling ingredients, and mix well.
2. To make each dumpling, place 1 teaspoon filling in a wonton skin, fold in half, pinch edges to seal the dumpling. Repeat with remaining filling and wonton skins.
3. In a large pot bring 10 cups of water to boil, add dumplings and cook until dumplings float to the water surface, about 7 to 8 minutes. Remove dumplings from water, set aside.
4. Cook the Chinese broccoli in the boiling water until tender but crisp, about 10 minutes, remove from water.
5. For one serving, place 6 dumplings and ½ cup of the cooked broccoli in a small bowl and serve.

## Suggestions:

- Dumplings can be served in supreme stock or chicken broth and with leafy green vegetables, garnish with carrots and string beans.
- Uncooked dumplings can be frozen for later use. Cook frozen dumplings in boiling water, thawing before cooking is not necessary.



## Nutrition tips:

Unlike the traditional recipe, which is mostly meat filling, the combination of vegetables and chicken not only adds vitamins and fiber but also reduces the fat in this recipe.

Add bok choy or Napa cabbage to the wonton filling to provide texture, vitamins and fiber.

## Nutrition information per serving:

Calories: 212

Cholesterol: 19 mg

Carbohydrates: 36 g

Total fat: 2 g

Sodium: 446 mg

Protein: 11 g

Saturated Fat: 0 g

Fiber: 6 g

# “Five Happiness” Fried Noodles



**Makes 5 servings (1 serving = 1½ cup)**

## Ingredients:

- 10 cups of water
- 1 pound egg noodles
- 1 tablespoon vegetable or olive oil, divided
- 3 cups bean sprout
- 1 cup bamboo shoots, julienned (sliced thinly in strips)
- ½ cup shredded carrots
- ½ cup dried shiitake mushrooms, soaked for 30 minutes or until soft, stems removed, and julienned
- 2 green onions, julienned
- ½ teaspoon salt
- 1 teaspoon sugar
- 1 tablespoon soy sauce

## Preparation:

1. In a large pot on high heat, bring 10 cups of water to boil. Cook noodles in boiling water until tender or “al-dente,” approximately 5 - 7 minutes, drain and set aside.
2. Heat a nonstick wok or pan over high heat. Add ½ tablespoon oil, swirling to coat the pan, add noodles and pan-fry until noodles are golden, about 7 to 10 minutes. Remove noodles from wok.
3. Add remaining ½ tablespoon oil to wok, add vegetables, and stir-fry until just cooked, about 5 to 7 minutes.
4. Return noodles to the wok, add salt, sugar and soy sauce. Stir to combine and serve.

## Nutrition tips:

The different vegetables used in this recipe bring in different colors, antioxidants and health benefits. The large amount of vegetables in this recipe adds vitamins, fiber, color and texture to the noodles. The vegetables also add moisture, which means less oil is needed. The term “julienne” means thin strips.

## Nutrition information per serving:

**Calories:** 425

**Cholesterol:** 1 mg

**Carbohydrates:** 77 g

**Total fat:** 6 g

**Sodium:** 445 mg

**Protein:** 16 g

**Saturated Fat:** 1 g

**Fiber:** 6 g

# Chilled Honeydew Quencher



**Makes 6 servings (1 serving = 1 cup )**

## **Ingredients:**

- 1 cup tapioca, soaked for 30 minutes
- 4 cups cold water
- 2 medium honeydew
- 1 tablespoon sugar

\*Requires food processor or blender

## **Preparation:**

1. Place tapioca and water in a pot. Bring water to a boil, and then lower heat to medium.
2. Cook till tapioca turns transparent.
3. Remove from heat and run under cold water.
4. Dice honeydew into cubes. Blend half of the honeydew cubes in food processor or blender. Add sugar; mix well.
5. Pour into 6 cups and mix the remaining honeydew cubes and 2 generous spoonfuls of tapioca into each cup. Serve chilled.

## **Nutrition tips:**

This drink is a good alternative to soda. It has less sugar and gives you vitamin C and potassium, which soda does not have.

## **Nutrition information per serving:**

**Calories:** 249

**Trans Fat:** 0 g

**Carbohydrates:** 62g

**Total Fat:** 1 g

**Cholesterol:** 0 mg

**Dietary Fiber:** 4 g

**Saturated Fat:** 0 g

**Sodium:** 75 mg

**Protein:** 2 g

# Apple Chunk Cake

**Makes 12 servings (1 serving = 1 piece 1½" x 2")**

## Ingredients:

- 1¼ cups sugar
- ¼ cup vegetable oil
- 2 eggs
- 2 cups flour
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 1 teaspoon baking soda
- 4 cups diced apple chunks
- ¼ cup applesauce
- 2 cups sliced apple to place on cake top

## Preparation:

1. Preheat oven to 350° F.
2. In a large bowl, mix sugar, oil and eggs together. Beat well.
3. In a separate bowl, combine flour, salt, cinnamon, and baking soda. Add to egg batter and mix well.
4. Add apple chunks and applesauce to the batter. Stir to combine.
5. Coat a baking pan with vegetable oil spray, and pour in batter. Bake until done, about 1 hour.
6. Place apple slices on top of apple cake and serve.



## Nutrition tips:

As a rule, half of the amount of fat in a dessert recipe can be replaced with applesauce or a puree of another fruit, such as prune puree. The result is a very moist, low-fat cake enhanced by the flavor of fresh and nutritious apples.

The amount of sugar in this recipe has been reduced by one third, as compared to the original recipe. Use vegetable oil spray to prevent the cake from sticking to the pan.

## Nutrition information per serving:

**Calories:** 239

**Cholesterol:** 35 mg

**Carbohydrates:** 44 g

**Total fat:** 5 g

**Sodium:** 308 mg

**Protein:** 3 g

**Saturated Fat:** 1 g

**Fiber:** 1 g

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# Healthy Chinese Cuisine

## Using Fruits and Vegetables

Recipes are used with permission from “Healthy & Delicious – Simple Ways to Low Fat Chinese Cooking” by Catherine Wong, MPH, RD, and Martin Yan, MS and “Healthy Appetites” by Catherine Wong, MPH, RD, Rachel Lo, Michelle Lo, Colin Yan and Devin Yan.

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