

农贸市场食谱

点击下方水果和蔬菜, 浏览美味食谱。

- 苹果
- 甜菜
- 黑豆
- 蓝莓
- 焗青菜
- 西兰花
- 球芽甘蓝
- 奶油瓜
- 卷心菜
- 胡萝卜
- 鹰嘴豆
- 玉米
- 黄瓜
- 茄子
- 果味水
- 四季豆
- 生菜
- 甜瓜
- 桃子
- 梨子
- 辣椒
- 李子
- 土豆
- 南瓜
- 水萝卜
- 红豆
- 香料混合调料
- 菠菜
- 草莓
- 西葫芦
- 红薯
- 蕃茄
- 西瓜
- 冬青菜

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Simplified Chinese

NYC[™]
Health

Just Say Yes to Fruits and Vegetables

Apples

- Choose firm apples that have smooth, bright skins with no bruises.
- Store unwashed apples in the refrigerator for up to 3 to 4 weeks.
- Skin can be eaten. Simply rinse and enjoy!
- Apples have fiber, especially in the skin, which helps to keep you regular.



Applesauce

Ingredients:

6 apples, diced
1 teaspoon cinnamon
(optional)

Directions:

1. In a medium pot, place apples, cinnamon and 1 cup of water.
2. Bring apples to a boil over high heat, stirring often.
3. Reduce heat to medium and simmer the apples for 30 minutes or until they are very soft. Stir often.
4. Leave lumpy or mash with a fork for a smoother sauce.
5. Serve warm or chilled.
6. Refrigerate leftovers.

Makes 6 servings.

Apple and Pear Stir-Fry

Ingredients:

2 teaspoons vegetable oil
2 apples, chopped
1 pear, chopped
2 tablespoons lemon juice
1/2 teaspoon cinnamon
1/8 teaspoon ground
nutmeg

Directions:

1. In a large pot, heat oil over medium heat.
2. Add apples and cook for 3 minutes.
3. Add pears and lemon juice. Cook for another 3 minutes.
4. Sprinkle cinnamon and nutmeg. Continue to cook for another 3 minutes.
5. Serve and enjoy!
6. Refrigerate leftovers.

Makes 6 servings. Adapted from diabetic-recipes.com.

Quick Tips

- Squeeze lemon juice over cut apples to keep them from turning brown.
- Carry an apple with you for a quick snack.
- Add chopped apples to oatmeal, either before or after cooking.

Kids can:

- Rinse apples.
- Spread peanut butter on apple slices.

苹果



- 挑选表皮光滑、富有光泽且无碰伤的松脆苹果。
- 未清洗的苹果可放入冰箱存放最长 3 至 4 周。
- 果皮可以食用。只需清洗干净即可！
- 苹果，尤其是果皮，含膳食纤维，有助于保持排便通畅。

苹果酱

食材：

6 个苹果，切丁
1 茶匙肉桂（可不加）

做法：

1. 取中锅，加入苹果、肉桂和 1 杯水。
2. 大火煮沸，期间不断搅拌。
3. 转中火并炖 30 分钟或至苹果变得很软为止。期间不断搅拌。
4. 保持粗颗粒或用叉子捣成泥，让苹果酱口感更加细腻。
5. 趁热享用或冷藏后食用。
6. 如未食完，冷藏保存。

可做 6 人份。

煸炒苹果和梨

食材：

2 茶匙植物油
2 个苹果，切碎
1 个梨子，切碎
2 汤匙柠檬汁
1/2 茶匙肉桂
1/8 茶匙豆蔻粉

做法：

1. 中火加热大锅中的油。
2. 加入苹果，炒 3 分钟。
3. 加入梨子和柠檬汁。再炒 3 分钟。
4. 洒上肉桂和豆蔻粉。继续炒 3 分钟。
5. 装盘即可享用！
6. 如未食完，冷藏保存。

可做 6 人份。改编自 diabetic-recipes.com。

小贴士

- 将柠檬汁挤到切开的苹果上，避免切面变色。
- 苹果适合随身携带当做零食。
- 在烹煮之前或之后，可将碎苹果加入燕麦片中。

孩子们可以：

- 清洗苹果。
- 在苹果切片上涂花生酱。

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Just Say Yes to Fruits and Vegetables



Beets

- Choose firm, smooth beets with a rich, dark color.
- Separate beet greens from roots, keep in the refrigerator and use within 2 weeks.
- Before eating, remove beet greens, leaving 1 inch of stem.
- Scrub beets well and keep the skin on. Beets may be roasted, boiled or eaten raw.
- Beets have fiber, which helps to keep you regular.



Gingered Beet and Carrot Slaw

Ingredients:

4 cups grated beets
4 cups grated carrots
1/2 cup chopped onion
1/2 cup chopped poblano pepper
1 tablespoon minced ginger
2 tablespoons lime juice
1 tablespoon vegetable oil
2 teaspoons mustard
1/4 cup chopped fresh cilantro
Salt and black pepper to taste

Directions:

1. To make the slaw, combine the beets, carrots, onion, poblano pepper and ginger in a large bowl.
2. In a small bowl, combine the lime juice, oil, mustard and cilantro. Pour onto the slaw.
3. Season with salt and black pepper.
4. Serve and enjoy!
5. Refrigerate leftovers.

Makes 6 servings. Adapted from yummly.com.

Glazed Beets and Greens

Ingredients:

1 onion, sliced
5 beets and greens, chopped
3 tablespoons balsamic vinegar
3 tablespoons vegetable oil
Salt and black pepper to taste

Directions:

1. In a large pot over high heat, add onions, beets, vinegar and oil.
2. Cover vegetables with 1 cup of water and bring to a boil.
3. Reduce heat to low and simmer for 15 minutes or until soft.
4. Add the greens and cook for 5 more minutes. Season with salt and black pepper.
5. Serve and enjoy!
6. Refrigerate leftovers.

Makes 4 servings. Adapted from *The Modern Vegetarian Kitchen* by Peter Berley.

Quick Tips

- If beet juice stains your hands, scrub them with a teaspoon of salt and rinse.
- Add cooked sliced beets or raw shredded beets to salads.
- Do not throw out the beet greens! Rinse, chop and add to a soup or stir-fry.

Kids can:

- Scrub beet roots.
- Rinse and tear beet greens.

甜菜

- 挑选紧实光滑、颜色饱满的深色甜菜。
- 将甜菜叶和甜菜根拆开放入冰箱，并在 2 周内食用。
- 食用之前，摘下甜菜叶，留下 1 英寸长的茎。仔细擦洗甜菜，保留甜菜皮。甜菜可烘烤、水煮或生食。
- 甜菜含膳食纤维，有助于保持排便通畅。



姜蓉甜菜和胡萝卜蔬菜沙拉

食材：

- 4 杯磨碎的甜菜
- 4 杯磨碎的胡萝卜
- 1/2 杯切碎的洋葱
- 1/2 杯切碎的波布拉诺辣椒
- 1 汤匙姜蓉
- 2 汤匙酸橙汁
- 1 汤匙植物油
- 2 茶匙芥末
- 1/4 杯切碎的新鲜香菜
- 适量盐和黑胡椒粉

做法：

1. 制作蔬菜沙拉时，取大碗，加入甜菜、胡萝卜、洋葱、波布拉诺辣椒和姜蓉。
2. 另取小碗，混合酸橙汁、油、芥末和香菜。加入蔬菜沙拉中。
3. 撒上适量盐和黑胡椒粉。
4. 装盘即可享用！
5. 如未食完，冷藏保存。

可做 6 人份。改编自 yummly.com。

釉面甜菜根和甜菜叶

食材：

- 1 个洋葱，切片
- 5 份甜菜和甜菜叶，切碎
- 3 汤匙香醋
- 3 汤匙植物油
- 适量盐和黑胡椒粉

做法：

1. 大锅置大火之上，加入洋葱、甜菜、香醋和油。
2. 在蔬菜中加入 1 杯水，加盖煮至沸腾为止。
3. 转小火，炖 15 分钟或至蔬菜变软为止。
4. 加入叶子再炒 5 分钟。撒上适量盐和黑胡椒粉。
5. 装盘即可享用！
6. 如未食完，冷藏保存。

可做 4 人份。改编自 Peter Berley 的《*The Modern Vegetarian Kitchen*》。

小贴士

- 若手上沾到甜菜汁，可用一茶匙盐搓洗，然后冲洗即可。
- 可以用煮熟的甜菜片或生的甜菜丝制作沙拉。
- 请勿丢弃甜菜叶！清洗、切碎后可用于煮汤或炒菜！

孩子们可以：

- 搓洗甜菜根部。
- 洗净和手撕甜菜叶。

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Beets With Mustard Seeds

Ingredients:

- 1 tablespoon vegetable oil
- 1 teaspoon yellow mustard seeds
- 1 onion, diced
- 2 teaspoons cumin
- 2 teaspoons coriander
- 1 teaspoon garam masala
- 1 tablespoon shredded, unsweetened coconut
- 3 cups chopped beets
- 1/2 teaspoon salt
- 1 1/2 cups water

Directions:

1. In a large pan, heat the oil over medium-high heat.
2. Add the mustard seeds and cook until they sizzle, about 30 seconds.
3. Add the onion and stir until soft, about 5 minutes.
4. Add the cumin, coriander, garam masala and the coconut. Cook for 1 minute.
5. Add the beets and cook for 3 minutes. Stir.
6. Add the salt and water. Bring to a boil, reduce the heat and cover.
7. Simmer for 15 minutes or until beets are soft.
8. Once the beets are soft, remove the lid and cook for 2 to 3 minutes until the remaining liquid thickens.
9. Turn the heat off and cover the pan. Let it sit for 5 minutes so the dish can absorb all the flavors.
10. Serve and enjoy!
11. Refrigerate leftovers.

Makes 4 servings. Adapted from *Indian For Everyone* by Anupy Singla.

Quick Tips

- If beet juice stains your hands, scrub them with a teaspoon of salt and rinse.
- Add cooked sliced beets or raw shredded beets to salads.
- Do not throw out the beet greens! Rinse, chop and add to a soup or stir-fry.

Kids can:

- Scrub beet roots.
- Rinse and tear beet greens.

甜菜

- 挑选紧实、光滑、颜色鲜艳的甜菜。
- 将甜菜的叶子和根部分开，菜叶放入冰箱冷藏，并在 2 周内食用。
- 食用前，摘掉甜菜叶，留下 1 英寸的茎。
- 搓洗甜菜，不要去皮。甜菜可以烤、煮或生吃。
- 甜菜富含纤维素，有助于保持肠道通畅。



芥末籽甜菜

配料：

- 1 汤匙植物油
- 1 茶匙黄芥末籽
- 1 个洋葱，切丁
- 2 茶匙孜然
- 2 茶匙香菜
- 1 茶匙印度咖喱粉
- 1 汤匙椰蓉
- 3 杯切碎的甜菜
- 1/2 茶匙盐
- 1 1/2 杯水

做法：

1. 大锅中倒入油，中高火加热。
2. 加入芥末籽，爆香约 30 秒直至发出嘶嘶声。
3. 加入洋葱，翻炒约 5 分钟直到洋葱变软。
4. 加入孜然、香菜、印度咖喱粉和椰蓉。炒 1 分钟。
5. 加入甜菜，炒 3 分钟。翻炒均匀。
6. 加入盐和水。煮沸后，转小火，盖上锅盖。
7. 焖煮 15 分钟，或直到甜菜变软。
8. 甜菜变软后，打开锅盖，再煮 2 至 3 分钟直到汁水浓稠。
9. 关火，盖上锅盖。放置 5 分钟，使菜入味。
10. 装盘即可享用！
11. 如未食完，冷藏保存。

可做 4 人份。改编自 Anupy Singla 的《Indian For Everyone》。

小贴士

- 若手上沾到甜菜汁，可用一茶匙盐搓洗，然后冲洗即可。
- 可以用煮熟的甜菜片或生的甜菜丝制作沙拉。
- 请勿丢弃甜菜叶！清洗、切碎后可用于煮汤或炒菜！

孩子们可以：

- 搓洗甜菜根部。
- 洗净和手撕甜菜叶。

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Just Say Yes to Fruits and Vegetables



Black Beans

- Before cooking dried beans, remove pebbles and any shriveled beans. Soak for at least 8 hours.
- For a quicker prep time, cover dried beans in cold water and bring to a boil. Turn off heat and allow beans to soak for 1 to 2 hours. Drain, rinse and cover with fresh water. Simmer for 1 to 2 hours or until soft.
- Beans are an affordable source of protein and fiber.



Black Beans and Peppers

Ingredients:

1 tablespoon vegetable oil
1 onion, chopped
1 green bell pepper, chopped
4 garlic cloves, minced
1 teaspoon cumin
2 teaspoons dried oregano
1 teaspoon fresh ginger, peeled and minced
1 1/2 cups cooked or 1 can (15 1/2 ounces) of black beans, rinsed and drained
2 tablespoons apple cider vinegar
1 jalapeño, seeded and diced
Salt and black pepper to taste

Directions:

1. In a large pan, heat oil over medium heat.
2. Add onions and stir until soft, about 5 minutes
3. Add bell pepper and stir until soft, about 3 minutes.
4. Add the garlic, cumin, oregano and ginger, and cook for 1 minute longer.
5. Add black beans, vinegar, jalapeño and 1/2 cup of water. Bring to boil, reduce heat to low, cover and simmer for 5 minutes.
6. Season with salt and black pepper.
7. Serve and enjoy!
8. Refrigerate leftovers.

Makes 6 servings. Adapted from thespruceeats.com.

Black Bean Spread

Ingredients:

1 1/2 cups cooked or 1 can (15 1/2 ounces) of black beans, rinsed
1 onion, chopped
3/4 teaspoon paprika
1 tablespoon apple cider vinegar
1 tablespoon vegetable oil
1 garlic clove, minced
2 tablespoons chopped basil (optional)
Salt and black pepper to taste

Directions:

1. In a large bowl, combine all ingredients. Mash together and mix well.
2. Serve and enjoy!
3. Refrigerate leftovers.

Makes 10 servings. Adapted from vegweb.com.

Quick Tips

- 1 pound of dried beans (2 cups) equals 5 to 6 cups of cooked beans.
- Canned beans can replace cooked or dried beans in any recipe.
- Dried beans can be kept in an airtight container for up to 1 year.

Kids can:

- Help sort through dried beans before soaking.
- Help mash beans with a fork.

黑豆



- 烹煮干豆之前，挑出其中的小石子和瘪豆。浸泡至少 8 小时。
- 要缩短准备时间，可将干豆放入冷水中加盖煮至沸腾。关火，让豆子浸泡 1 至 2 小时。沥干水，用清水冲洗后，再以清水淹过豆子。炖 1 至 2 小时或至变软为止。
- 豆类是经济实惠的蛋白质和膳食纤维来源。

双椒黑豆

食材：

- 1 汤匙植物油
- 1 个洋葱，切碎
- 1 个绿灯笼椒，切碎
- 4 个大蒜瓣，剁碎
- 1 茶匙孜然
- 2 茶匙干牛至
- 1 茶匙去皮并剁碎的新鲜生姜
- 1 1/2 杯煮熟的黑豆或 1 罐 (15 1/2 盎司)
黑豆，洗净沥干
- 2 汤匙苹果醋
- 1 个墨西哥辣椒，去籽切丁
- 适量盐和黑胡椒粉

做法：

1. 中火加热大锅中的油。
2. 加入洋葱，炒约 5 分钟，至变软为止。
3. 加入灯笼椒，炒约 3 分钟，至变软为止。
4. 加入蒜、孜然、牛至和姜，再炒 1 分钟。
5. 加入黑豆、醋、墨西哥辣椒和 1/2 杯水。
煮至沸腾，再从大火转小火，加盖炖 5 分钟。
6. 撒上适量盐和黑胡椒粉。
7. 装盘即可享用！
8. 如未食完，冷藏保存。

可做 6 人份。改编自 thespruceeats.com。

黑豆酱

食材：

- 1 1/2 杯煮熟的黑豆或 1 罐 (15 1/2 盎司)
黑豆，洗净沥干
- 1 个洋葱，切碎
- 3/4 茶匙西班牙辣椒粉
- 1 汤匙苹果醋
- 1 汤匙植物油
- 1 个大蒜瓣，剁碎
- 2 汤匙切碎的罗勒（可不加）
- 适量盐和黑胡椒粉

做法：

1. 将所有食材加入大碗。捣碎，并混合均匀。
2. 装盘即可享用！
3. 如未食完，冷藏保存。

可做 10 人份。改编自 vegweb.com。

小贴士

- 1 磅干豆（2 杯）相当于 5 至 6 杯煮熟的豆子。
- 在任何食谱中，均可将煮熟的豆子或干豆替换为罐装豆。
- 干豆可在密封容器内存放长达 1 年。

孩子们可以：

- 帮忙挑选干豆，然后将其浸泡。
- 使用叉子捣碎豆子。

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Just Say Yes to Fruits and Vegetables



Blueberries



- Choose blueberries that are firm and not wrinkled.
- Refrigerate for up to 3 days or rinse, place in a plastic bag and freeze for up to 3 to 6 months.
- Before eating, rinse, remove the stems and enjoy!
- Blueberries have vitamin A, which is good for your eyes and skin.

Blueberry Thyme Fruit Salad

Ingredients:

- 1 cup blueberries
- 4 peaches or nectarines, chopped
- 1 tablespoon chopped, fresh thyme
- 2 teaspoons ginger, peeled and grated
- 2 tablespoons lemon juice or more, to taste
- 2 tablespoons water
- 1 peach, grated
- 1 teaspoon grated lemon peel

Directions:

1. In a large bowl, combine all ingredients and mix well.
2. Chill in the refrigerator for at least 1 hour.
3. Serve and enjoy!
4. Refrigerate leftovers.

Makes 6 servings. Adapted from simplyrecipes.com.

Blueberry Grape Relish

Ingredients:

- 2 cups blueberries
- 2 cups seedless red grapes
- 1 tablespoon honey
- 1 tablespoon minced, fresh ginger
- 1 teaspoon chopped, fresh rosemary
- 2 tablespoons red wine vinegar
- Salt and black pepper to taste

Directions:

1. In a large frying pan, over medium-high heat, combine blueberries, grapes, honey, ginger, rosemary and vinegar.
2. Bring to a boil, then reduce to low heat and simmer for 15 minutes.
3. Remove pan from heat and season with salt and black pepper.
4. Serve and enjoy!
5. Refrigerate leftovers.

Makes 10 servings. Adapted from marthastewart.com.

Quick Tips

- Sprinkle on hot or cold breakfast cereal, or low-fat yogurt.
- Blend blueberries with ice and your favorite fresh or frozen fruit to make a smoothie.

Kids can:

- Rinse blueberries before eating.
- Place in a bowl or bag for an easy snack at home or on the go.

For healthy eating tips, like us on Facebook at [facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc). For more information about Stellar Farmers Markets, visit nyc.gov/health/farmersmarkets. Visit jsyfruitveggies.org for more great recipes. This material was funded by the United States Department of Agriculture (USDA) Supplemental Nutrition Assistance Program (SNAP).

Just Say Yes to Fruits and Vegetables



蓝莓



- 挑选紧实饱满的蓝莓。
- 冷藏保存最长 3 天或清洗干净装入塑料袋中冷冻保存最长 3 至 6 个月。
- 食用之前，清洗并摘掉茎即可！
- 蓝莓含维生素 A，对眼睛和皮肤有益。

蓝莓百里香水果沙拉

食材：

- 1 杯蓝莓
- 4 个桃子或油桃，切碎
- 1 汤匙切碎的新鲜百里香
- 2 茶匙去皮并剁碎的新鲜生姜
- 2 汤匙或更多柠檬汁，用于调味
- 2 汤匙水
- 1 个桃子，刨丝
- 1 茶匙柠檬皮屑

做法：

1. 取大碗，将所有食材混合均匀。
2. 放入冰箱冷藏至少 1 小时。
3. 装盘即可享用！
4. 如未食完，冷藏保存。

可做 6 人份。改编自 simplyrecipes.com。

蓝莓葡萄开胃小菜

食材：

- 2 杯蓝莓
- 2 杯无籽红葡萄
- 1 汤匙蜂蜜
- 1 茶匙去皮并剁碎的新鲜生姜
- 1 茶匙切碎的新鲜迷迭香
- 2 汤匙红酒醋
- 适量盐和黑胡椒粉

做法：

1. 在大煎锅中，混合蓝莓、葡萄、蜂蜜、生姜、迷迭香和醋，开中大火加热。
2. 煮至沸腾，然后转小火炖 15 分钟。
3. 将锅从火上移开，再撒上适量盐和黑胡椒粉。
4. 装盘即可享用！
5. 如未食完，冷藏保存。

可做 10 人份。改编自 marthastewart.com。

小贴士

- 可撒在热冷早餐燕麦片或低脂酸奶上。
- 蓝莓与冰以及喜爱的新鲜或冷冻水果混合，制成冰沙。

孩子们可以：

- 在食用之前，清洗蓝莓。
- 将蓝莓装入碗内或袋子中，在家或外出时当作零食。

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Just Say Yes to Fruits and Vegetables



Braising Greens



- Braising greens are a mix of dark greens such as collards, kale, Swiss chard, mustard greens, turnip greens and beet greens.
- Look for greens that are moist and crisp, with rich, green leaves.
- Wrap unwashed greens in a damp paper towel, place in a plastic bag and keep in the refrigerator for up to 3 to 5 days.
- Before cooking, rinse well and trim leaves from stem.
- Dark greens have iron, which is good for circulation.

Collard Greens With Spicy Peanut Sauce

Ingredients:

1 tablespoon vegetable oil
1 cup chopped onion
2 garlic cloves, minced
1/4 teaspoon crushed red pepper flakes
6 cups chopped collard greens
1 cup chopped tomatoes
2 tablespoons peanut butter
Salt and black pepper to taste

Directions:

1. In a large pot, heat oil over medium heat.
2. Add onion, garlic and red pepper flakes and cook until soft, about 5 minutes. Stir often.
3. Add greens and 1/4 cup water. Cover and cook until greens are soft, about 15 minutes.
4. Add tomato and peanut butter. Add black pepper to taste.
5. Stir well. Serve and enjoy!
6. Refrigerate leftovers.

Makes 6 servings. Adapted from *The NYC Green Cart Fresh Food Pack*.

Braised Collard Greens

Ingredients:

1 tablespoon vegetable oil
2 teaspoons minced garlic
1 yellow onion, chopped
3 medium tomatoes, diced
1/2 teaspoon curry powder
1/2 teaspoon coriander
9 cups chopped collard greens or other leafy greens, stems removed
1 tablespoon smoked paprika (optional)
1/4 teaspoon cayenne pepper
1/2 lemon, juiced
Salt and black pepper to taste

Directions:

1. In a large frying pan, heat oil over medium heat.
2. Add onions and garlic and cook until soft, about 3 to 5 minutes. Stir often.
3. Add tomatoes, curry, coriander and paprika. Continue stirring for about 2 minutes.
4. Add 1/4 cup of water, cover and let simmer for 5 minutes.
5. Add collard greens, cayenne pepper and lemon juice. Cover and continue cooking for another 5 to 10 minutes until greens have cooked.
6. Season with salt and black pepper to taste.
7. Serve and enjoy!
8. Refrigerate leftovers.

Makes 4 servings. Adapted from africanbites.com.

Quick Tips

- Braising greens can be added to soups a few minutes before serving.
- 1 pound of greens is equal to about 8 cups, chopped.

Kids can:

- Rinse greens with cold water.
- Tear greens to add to a recipe.

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Just Say Yes to Fruits and Vegetables

NYC
Health

煨青菜



- 煨青菜可采用宽叶羽衣甘蓝、羽衣甘蓝、瑞士甜菜、芥菜、芜菁叶、甜菜叶等多种深色青菜。
- 挑选水嫩挺直且带深绿叶子的青菜。
- 使用湿纸巾包裹未清洗的青菜，装入塑料袋内，可在冰箱内存放最长3至5天。
- 烹饪之前，冲洗干净，并摘掉茎上的叶子。
- 深色青菜含铁，能促进血液循环。

宽叶羽衣甘蓝佐花生辣酱

食材：

- 1 汤匙植物油
- 1 杯切碎的洋葱
- 2 个大蒜瓣，剁碎
- 1/4 茶匙红辣椒碎片
- 6 杯切碎的宽叶羽衣甘蓝
- 1 杯切碎的番茄
- 2 汤匙花生酱
- 适量盐和黑胡椒粉

做法：

1. 中火加热大锅中的油。
2. 加入洋葱、蒜和红辣椒碎片，炒约 5 分钟，至变软为止。期间不断翻炒。
3. 加入青菜和 1/4 杯水。加盖煮约 15 分钟，至青菜变软为止。
4. 加入番茄和花生酱。撒上黑胡椒粉调味。
5. 搅拌均匀。装盘即可享用！
6. 如未食完，冷藏保存。

可做 6 人份。 改编自 *NYC Green Cart Fresh Food Pack*。

煨宽叶羽衣甘蓝

食材：

- 1 汤匙植物油
- 2 茶匙蒜蓉
- 1 个黄洋葱，切碎
- 3 个中等大小的番茄，切丁
- 1/2 茶匙咖喱粉
- 1/2 茶匙胡荽
- 9 杯切碎的羽衣甘蓝或其他绿叶青菜，去茎
- 1 汤匙烟熏西班牙辣椒粉（可不加）
- 1/4 茶匙辣椒末
- 1/2 个柠檬，榨汁
- 适量盐和黑胡椒粉

做法：

1. 中火加热大煎锅中的油。
2. 加入洋葱和大蒜，炒约 3 至 5 分钟，至变软为止。期间不断翻炒。
3. 加入番茄、咖喱、胡荽和西班牙辣椒粉。继续炒约 2 分钟。
4. 加入 1/4 杯水，加盖炖 5 分钟。
5. 加入宽叶羽衣甘蓝、辣椒末和柠檬汁。加盖继续煮 5 至 10 分钟，至青菜煮熟为止。
6. 撒上适量盐和黑胡椒粉。
7. 装盘即可享用！
8. 如未食完，冷藏保存。

可做 4 人份。 改编自 africanbites.com。

小贴士

- 上桌前几分钟，将煨青菜加入汤中。
- 1 磅青菜相当于约 8 杯切碎的青菜。

孩子们可以：

- 用冷水清洗青菜。
- 撕碎青菜叶，加入菜肴中。

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Just Say Yes to Fruits and Vegetables



Broccoli



- Choose broccoli with dark green florets.
- Refrigerate unwashed and in a plastic bag for up to 1 week.
- Before cooking, wash and trim florets from stalks. Enjoy florets and stems raw or cooked.
- Broccoli has vitamin C, which is good for fighting colds and healing cuts.

Broccoli Stir-Fry

Ingredients:

- 2 teaspoons vegetable oil
- 2 garlic cloves, minced
- 3 cups broccoli florets
- 2 carrots, chopped
- 1 yellow bell pepper, cut into strips
- 1 onion, chopped
- 2 tablespoons lemon juice
- 1/2 teaspoon salt (optional)

Directions:

1. In a large frying pan, add oil and garlic. Cook over high heat for 2 minutes.
2. Add broccoli, carrots and 1/2 cup of water. Cook for 3 minutes, stirring often.
3. Add bell pepper and onion. Cook for 5 more minutes and continue to stir often.
4. Remove from heat. Vegetables will be crisp and brightly colored.
5. Toss with lemon juice and salt.
6. Serve and enjoy!
7. Refrigerate leftovers.

Makes 5 servings.

Broccoli Chopped Salad

Ingredients:

- 4 cups broccoli, chopped small
- 3/4 cup dried cranberries or raisins, chopped
- 2 to 3 scallions or green onions, sliced
- 2 carrots, shredded
- 1 cucumber, chopped
- 3 tablespoons apple cider vinegar
- 1/4 cup olive oil
- Salt and black pepper to taste

Directions:

1. In a large pot, boil 4 cups of water over high heat.
2. Add broccoli and cook for 3 minutes.
3. Rinse broccoli under cold water until cool.
4. Place cooled broccoli, dried fruit and all remaining vegetables in a bowl.
5. To make dressing, whisk together vinegar and oil until combined in a separate bowl.
6. Pour dressing over mixed vegetables and dried fruit. Season with salt and black pepper to taste.
7. Serve and enjoy!
8. Refrigerate leftovers.

Makes 4 servings. Submitted by Aranza Portugal, Stellar Farmers Markets.

Quick Tips

- Eat raw broccoli with a low-fat salad dressing for a healthy, crunchy snack!
- Do not throw away the broccoli stems. They can be sliced and eaten with your favorite dip or sauce!
- Steam broccoli with garlic for a delicious side dish.

Kids can:

- Wash broccoli.
- Break off broccoli florets from the stalk.

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Just Say Yes to Fruits and Vegetables



西兰花



- 挑选花蕾为深绿色的西兰花。
- 未清洗的西兰花可装入塑料袋冷藏存放最长 1 周。
- 烹饪之前，清洗并摘下茎上的花蕾。花蕾和茎可以生食或煮熟食用。
- 西兰花含维生素 C，能帮助预防感冒和促进伤口愈合。

清炒西兰花

食材：

- 2 茶匙植物油
- 2 个大蒜瓣，剁碎
- 3 杯西兰花花蕾
- 2 根胡萝卜，切碎
- 1 个黄灯笼椒，切成条
- 1 个洋葱，切碎
- 2 汤匙柠檬汁
- 1/2 茶匙盐（可不加）

做法：

1. 在大煎锅中加入油和蒜蓉。大火炒 2 分钟。
2. 加入西兰花、胡萝卜和 1/2 杯水。炒 3 分钟，期间不断翻炒。
3. 加入灯笼椒和洋葱。继续翻炒 5 分钟。
4. 将锅从火上移开。此法烹制的蔬菜口感爽脆、色泽鲜丽。
5. 撒上柠檬汁和盐。
6. 装盘即可享用！
7. 如未食完，冷藏保存。

可做 5 人份。

碎西兰花沙拉

食材：

- 4 杯西兰花，切成小块
- 3/4 杯蔓越莓干或葡萄干，切碎
- 2 至 3 根青葱或绿洋葱，切片
- 2 根胡萝卜，切碎
- 1 根黄瓜，切碎
- 3 汤匙苹果醋
- 1/4 杯橄榄油
- 适量盐和黑胡椒粉

做法：

1. 大锅中倒入 4 杯水，大火煮沸。
2. 加入西兰花，煮 3 分钟。
3. 用冷水冲洗西兰花至冷却为止。
4. 取一只碗，放入冷却后的西兰花、果干和所有剩余蔬菜。
5. 另取一只碗，将醋和油搅拌均匀，制成酱汁。
6. 将酱汁倒在混合的蔬菜和果干上。撒上适量盐和黑胡椒粉。
7. 装盘即可享用！
8. 如未食完，冷藏保存。

可做 4 人份。由 Stellar Farmers Markets 的 Aranza Portugal 提供。

小贴士

- 生西兰花佐低脂沙拉酱，一份健康、爽脆的零食！
- 不要扔掉西兰花菜茎。将菜茎切片，再配上喜爱的蘸料或酱汁即可食用！
- 蒜蓉蒸西兰花是一道美味的配菜。

孩子们可以：

- 清洗西兰花。
- 从茎上摘下西兰花花蕾。

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Just Say Yes to Fruits and Vegetables



Brussels Sprouts



- Choose Brussels sprouts that are firm and bright green, with no yellow or wilted leaves and few holes.
- Store unwashed Brussels sprouts in a plastic bag in the refrigerator for up to 10 days.
- Before eating, remove stem and discolored leaves, and rinse well.
- Brussels sprouts have calcium, which helps build strong bones.

Brussels Sprouts With Peanut Dressing

Ingredients:

5 cups thinly sliced Brussels sprouts
1 tablespoon peanut butter
1 tablespoon vegetable oil
1 tablespoon honey
1 tablespoon vinegar
1 tablespoon low-sodium soy sauce
Black pepper to taste

Directions:

1. In a large bowl, add the Brussels sprouts.
2. To make dressing, mix peanut butter, oil, honey, vinegar and soy sauce in a small bowl.
3. Pour dressing over Brussels sprouts.
4. Add black pepper to taste.
5. Serve and enjoy!
6. Refrigerate leftovers.

Makes 5 servings. Submitted by Beth Bainbridge, Stellar Farmers Markets.

Brussels Sprouts With Apples and Onions

Ingredients:

1 tablespoon vegetable oil
1 cup diced onion
4 cups sliced Brussels sprouts
2 cups diced apple
2 tablespoons lemon juice
1/2 teaspoon black pepper
Salt to taste

Directions:

1. In a large pan, heat oil over medium heat.
2. Add onion. Cook for 5 minutes, until soft.
3. Add Brussels sprouts and cook for 5 minutes.
4. Add the apple and cook 5 to 10 minutes, or until apples are soft.
5. Remove from heat and add lemon juice, black pepper and salt. Mix well.
6. Serve and enjoy!
7. Refrigerate leftovers.

Makes 8 servings. Adapted from nytimes.com.

Quick Tips

- Shred raw Brussels sprouts and add them to a salad. They are also tasty steamed, roasted or sautéed.
- To roast Brussels sprouts, toss with oil, salt and black pepper. Place on a baking sheet and roast at 400 degrees Fahrenheit for 30 to 40 minutes.
- Cut Brussels sprouts into quarters and add them to casseroles, stews and soups.

Flavor Flip: Peanut Dressing

- Add 2 cloves of minced garlic and 1 teaspoon fresh ginger to the dressing.

球芽甘蓝

- 挑选紧实鲜绿、无黄叶或枯叶且孔洞较少的球芽甘蓝。
- 将未清洗的球芽甘蓝装入塑料袋，可在冰箱内存放最长 10 天。
- 食用之前，摘掉菜茎和变色的叶子，然后清洗干净。
- 球芽甘蓝含钙，能强健骨骼。



球芽甘蓝佐花生酱

食材：

- 5 杯薄切的球芽甘蓝
- 1 汤匙花生酱
- 1 汤匙植物油
- 1 汤匙蜂蜜
- 1 汤匙醋
- 1 汤匙低钠酱油
- 适量黑胡椒粉

做法：

1. 取大碗，加入球芽甘蓝。
2. 另取小碗，混合花生酱、油、蜂蜜、醋和酱油，制成酱汁。
3. 将酱汁倒在球芽甘蓝上。
4. 撒上黑胡椒粉调味。
5. 装盘即可享用！
6. 如未食完，冷藏保存。

可做 5 人份。由 Stellar Farmers Markets 的 Beth Bainbridge 提供。

球芽甘蓝炒苹果和洋葱

食材：

- 1 汤匙植物油
- 1 杯切丁的洋葱
- 4 杯切片的球芽甘蓝
- 2 杯切丁的苹果
- 2 汤匙柠檬汁
- 1/2 茶匙黑胡椒粉
- 适量盐

做法：

1. 中火加热大锅中的油。
2. 加入洋葱。炒 5 分钟，至变软为止。
3. 加入球芽甘蓝，炒 5 分钟。
4. 加入苹果，再煮 5 至 10 分钟或至苹果变软为止。
5. 将锅从火上移开，加入柠檬汁、黑胡椒粉和盐。混合均匀。
6. 装盘即可享用！
7. 如未食完，冷藏保存。

可做 8 人份。改编自 nytimes.com。

小贴士

- 将生球芽甘蓝切碎，并加入到沙拉中。可蒸熟、烘烤或煎炒，同样美味可口。
- 烘烤球芽甘蓝时，可涂上油、盐和黑胡椒粉。放烤盘上，以 400°F 的温度烘烤 30 至 40 分钟。
- 将球芽甘蓝切成四块，加入砂锅菜、炖菜和汤中。

巧做美味：花生酱汁

- 将 2 个剁碎的大蒜瓣和 1 茶匙去皮剁碎的新鲜生姜加入酱汁中。

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Just Say Yes to Fruits and Vegetables



Butternut Squash

- Choose butternut squash that is heavy for its size and has smooth, firm skin.
- Store in a cool, dry place for up to 3 months.
- Before cooking, wash, cut in half and remove seeds. Leave skin on and bake for 30 minutes at 350 degrees Fahrenheit.
- Butternut squash has potassium, which is good for your heart.



Butternut Squash and Apple Cider

Ingredients:

1 tablespoon vegetable oil
1 cup chopped onion
4 cups seeded and cubed butternut squash
3/4 cup apple cider
1 tablespoon chopped fresh herbs (sage, rosemary or thyme) or 2 teaspoons dried herbs
Salt and black pepper to taste

Directions:

1. In a large pot, heat oil over high heat. Stir in onion and cook until soft.
2. Add squash and apple cider. Cook for about 15 minutes.
3. Stir in herbs, salt and black pepper to taste. Cook for about 2 minutes.
4. Serve and enjoy!
5. Refrigerate leftovers.

Makes 6 servings.

Butternut Squash With Collard Greens

Ingredients:

1 tablespoon vegetable oil
1 onion, chopped
1 red bell pepper, chopped
3 cups seeded and cubed butternut squash
3 cups chopped collard greens
1/4 teaspoon salt
Black pepper to taste

Directions:

1. In a large pot, heat oil over medium-high heat. Stir in onion and bell pepper and cook until soft.
2. Add squash and cook covered for 5 minutes.
3. Add collard greens, salt, black pepper and 1/2 cup of water. Add more water as needed to prevent sticking. Cook until vegetables are soft, about 8 to 10 minutes.
4. Serve and enjoy!
5. Refrigerate leftovers.

Makes 4 servings.

Quick Tips

- Try all types of winter squash: butternut, acorn, Hubbard and kabocha squash. Each has a different flavor and texture.
- Any winter squash can be swapped for another in recipes.
- Add leftover cooked squash to yogurt or oatmeal.
- Add squash to a soup or casserole.
- Bake seeds for a yummy snack!

Kids can:

- Remove seeds from squash.
- Stuff squash halves with a vegetable mixture.

奶油瓜

- 挑选分量较沉、表皮光滑且果实坚硬的奶油瓜。
- 置于阴凉干燥处，可存放最长 3 个月。
- 烹饪之前，仔细清洗，切成两半，然后去籽。在 350°F 的温度下，连皮烘烤 30 分钟。
- 奶油瓜含钾，对心脏有益。



奶油瓜和苹果西打

食材：

- 1 汤匙植物油
- 1 杯切碎的洋葱
- 4 杯去籽切块的奶油瓜
- 3/4 杯苹果西打
- 1 汤匙切碎的新鲜香草（鼠尾草、迷迭香或百里香）或 2 茶匙干香草
- 适量盐和黑胡椒粉

做法：

1. 大火加热大锅中的油。加入洋葱翻炒，直到变软为止。
2. 加入奶油瓜和苹果西打。煮约 15 分钟。
3. 撒上海草、盐和黑胡椒粉调味。煮约 2 分钟。
4. 装盘即可享用！
5. 如未食完，冷藏保存。

可做 6 人份。

奶油瓜炒宽叶羽衣甘蓝

食材：

- 1 汤匙植物油
- 1 个洋葱，切碎
- 1 个红灯笼椒，切碎
- 3 杯去籽切块的奶油瓜
- 3 杯切碎的宽叶羽衣甘蓝
- 1/4 茶匙盐
- 适量黑胡椒粉

做法：

1. 中大火加热大锅中的油。加入洋葱和灯笼椒，翻炒至变软为止。
2. 加入奶油瓜，加盖煮 5 分钟。
3. 加入宽叶羽衣甘蓝、盐和黑胡椒粉、1/2 杯水。为避免粘锅，可视需要多加一点水。煮约 8 至 10 分钟，至蔬菜变软为止。
4. 装盘即可享用！
5. 如未食完，冷藏保存。

可做 4 人份。

小贴士

- 不妨试试奶油瓜、胡桃南瓜、小青南瓜和日本南瓜等各类冬南瓜。每种瓜都有不同的风味和质地。
- 可在食谱中换用各类奶油瓜。
- 可将剩余煮熟的南瓜加入酸奶或燕麦片中。
- 可将南瓜加入汤或砂锅菜中。
- 南瓜籽可烤成美味零食！

孩子们可以：

- 将南瓜去籽。
- 在切成两半的南瓜中，塞入蔬菜什锦。

如需健康饮食建议，请在 Facebook 上 ([facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc)) 给我们点赞。如需更多 Stellar Farmers Market（优选农贸市场）项目相关信息，请访问 [nyc.gov/health/farmersmarkets](https://www.nyc.gov/health/farmersmarkets)。如需浏览更多美味食谱，请访问 [jsyfruitveggies.org](https://www.jsyfruitveggies.org)。本资料由美国农业部 (United States Department of Agriculture, USDA) 营养补充援助计划 (Supplemental Nutrition Assistance Program, SNAP) 赞助。

Just Say Yes to Fruits and Vegetables



Cabbage

- Choose cabbage that is firm with no brown spots.
- Refrigerate unwashed cabbage for up to 2 weeks.
- Before eating, remove the outer leaves and rinse well.
- Cabbage has vitamin C, which is good for fighting colds and healing cuts.



Cabbage and Dill Salad

Ingredients:

2 cups shredded cabbage
1 cup grated carrots
1 tablespoon vegetable oil
2 tablespoons apple cider vinegar
1 tablespoon minced dill (optional)
Salt and black pepper to taste

Directions:

1. In a large bowl, add cabbage and carrots. Mix well.
2. To make dressing, add oil, vinegar, dill, salt and black pepper to a small bowl. Mix well.
3. Pour oil and vinegar dressing over cabbage mixture and toss.
4. Serve immediately or refrigerate for about 30 minutes before serving. Enjoy!
5. Refrigerate leftovers.

Makes 6 servings. Adapted from recipes.sparkpeople.com.

Stewed Cabbage

Ingredients:

2 teaspoons vegetable oil
1 onion, chopped
2 garlic cloves, minced
2 celery stalks, chopped
3 cups chopped cabbage
2 cups chopped tomatoes or 1 can (14 1/2 ounces) stewed tomatoes
Salt and black pepper to taste

Directions:

1. In a large frying pan, heat oil over medium heat.
2. Add onion, garlic and celery.
3. Cook for 5 minutes or until soft.
4. Add cabbage and tomatoes and cook uncovered for 3 minutes. Cover pan and cook on low for about 20 minutes, until cabbage is soft. Stir often.
5. Season with salt and black pepper.
6. Serve hot or cold and enjoy!
7. Refrigerate leftovers.

Makes 4 servings.

Quick Tips

- Cabbage makes a delicious raw salad. Simply chop or shred and toss with your favorite dressing.
- Cabbage leaves can be filled with cooked rice and beans.
- Add shredded cabbage to a soup, stir-fry or stew for more bulk, nutrients and flavor.

Kids can:

- Remove the outer leaves from the heads of cabbage.
- Stuff leaves with filling.

卷心菜

- 挑选紧实且无褐色斑点的卷心菜。
- 未清洗的卷心菜可冷藏存放最长 2 周。
- 食用之前，摘掉外层叶子，并冲洗干净。
- 卷心菜含维生素 C，能帮助预防感冒和促进伤口愈合。



卷心菜苜蓿沙拉

食材：

- 2 杯撕碎的卷心菜
- 1 杯刨丝胡萝卜
- 1 汤匙植物油
- 2 汤匙苹果醋
- 1 汤匙剁碎的苜蓿（可不加）
- 适量盐和黑胡椒粉

做法：

1. 取大碗，加入卷心菜和胡萝卜。混合均匀。
2. 取小碗，加入油、醋、苜蓿、盐和黑胡椒粉，制成酱汁。混合均匀。
3. 将油醋汁倒入卷心菜什锦，搅拌均匀。
4. 立即食用或冷藏 30 分钟再食用。享受美味！
5. 如未食完，冷藏保存。

可做 6 人份。改编自 recipes.sparkpeople.com。

炖卷心菜

食材：

- 2 茶匙植物油
- 1 个洋葱，切碎
- 2 个大蒜瓣，剁碎
- 2 根芹菜茎，切碎
- 3 杯切碎的卷心菜
- 2 杯切碎的番茄或 1 罐（14 1/2 盎司）
炖番茄
- 适量盐和黑胡椒粉

做法：

1. 中火加热大煎锅中的油。
2. 加入洋葱、大蒜和芹菜。
3. 炒 5 分钟或至变软为止。
4. 倒入卷心菜和番茄，不加盖煮 3 分钟。盖上锅盖用小火煮约 20 分钟，至卷心菜变软为止。期间不断翻炒。
5. 撒上适量盐和黑胡椒粉。
6. 趁热享用或冷却后食用！

可做 4 人份。

小贴士

- 卷心菜可用来制作美味的生食色拉。只需将它切碎或切丝，再加入您喜爱的调味料，搅拌均匀即可。
- 卷心菜的叶子可以用来做卷心菜包饭和卷心菜包豆。
- 在汤、炒菜或炖菜中加入切碎的卷心菜，可以增加菜量、丰富营养并增添口感。

孩子们可以：

- 摘掉卷心菜头部外层菜叶。
- 用菜叶包卷馅料。

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Just Say Yes to Fruits and Vegetables



Cabbage

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Haitian Pikiliz

Ingredients:

1 1/2 cups shredded cabbage
1 cup sliced onion
1/2 cup shredded carrots
1/2 cup bell pepper, thinly sliced
1/8 teaspoon ground cloves
1/2 teaspoon salt
1/4 Scotch bonnet pepper, cut lengthwise, stem removed, seeds left intact
2 tablespoons lemon juice
1 cup white vinegar

Directions:

1. In a large bowl, combine cabbage, onion, carrots, sliced bell pepper, ground cloves and salt.
2. In a small bowl, mix lemon juice and vinegar. Pour mixture over cabbage mixture.
3. Add the halved Scotch bonnet pepper to the mixture and allow the ingredients to marinate for at least 15 minutes.*
4. Once ready, remove the Scotch bonnet pepper. Serve and enjoy!
5. Refrigerate leftovers.

Serves 15 to 20 people as a condiment for savory dishes.
Adapted from savorythoughts.com.

*Typically, Pikiliz is marinated at least 24 to 48 hours before serving, but it can be served right after making.

Quick Tips

- Cabbage makes a delicious raw salad. Simply chop or shred and toss with your favorite dressing.
- Cabbage leaves can be filled with cooked rice and beans.
- Add shredded cabbage to a soup, stir-fry or stew for more bulk, nutrients and flavor.

Kids can:

- Remove the outer leaves from the heads of cabbage.
- Stuff leaves with filling.

For healthy eating tips, like us on Facebook at [facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc).
For more information about Stellar Farmers Markets, visit nyc.gov/health/farmersmarkets.
Visit jsyfruitveggies.org for more great recipes. This material was funded by the United States Department of Agriculture (USDA) Supplemental Nutrition Assistance Program (SNAP).

Just Say Yes to Fruits and Vegetables

NYC
Health

卷心菜

- 挑选结实、无褐色斑点的卷心菜。
- 未清洗的卷心菜可以放到冰箱里保存长达 2 周。
- 食用前，摘掉外层菜叶，用水洗净即可。
- 卷心菜富含维生素 C，有助于预防感冒和愈合伤口。



海地 Pikiliz

配料：

- 1 1/2 杯卷心菜丝
- 1 杯洋葱片
- 1/2 杯胡萝卜丝
- 1/2 杯甜椒，切成薄片
- 1/8 茶匙丁香粉
- 1/2 茶匙盐
- 1/4 颗苏格兰帽椒，切半，去蒂，留籽
- 2 汤匙柠檬汁
- 1 杯白醋

做法：

1. 准备一个大碗，放入卷心菜、洋葱、胡萝卜、甜椒、丁香粉和盐，搅拌均匀。
2. 准备一个小碗，倒入柠檬汁和白醋，混合均匀。将调好的调味汁倒在拌好的卷心菜上。
3. 加入对半切好的苏格兰帽椒，腌制至少 15 分钟*。
4. 腌好之后，将苏格兰帽椒挑出来。装盘即可享用！
5. 如未食完，冷藏保存。

这道菜可作为风味菜肴的开胃配菜，适合 15 至 20 人食用。

改编自 savorythoughts.com。

*通常，Pikiliz 在食用前至少要腌制 24 至 48 小时，也可以做好后立即食用。

小贴士

- 卷心菜可用来制作美味的生食色拉。只需将它切碎或切丝，再加入您喜爱的调味料，搅拌均匀即可。
- 卷心菜的叶子可以用来做卷心菜包饭和卷心菜包豆。
- 在汤、炒菜或炖菜中加入切碎的卷心菜，可以增加菜量、丰富营养并增添口感。

孩子们可以：

- 摘掉卷心菜头部外层菜叶。
- 用菜叶包卷馅料。

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Cabbage

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Taiwanese Cabbage With Chili and Garlic

Ingredients:

- 4 cups chopped green cabbage
- 1 teaspoon salt
- 1 tablespoon vegetable oil
- 1 jalapeño, deseeded and cut into thin slices
- 1 garlic clove, minced
- 2 teaspoons low-sodium soy sauce

Directions:

1. Place the cabbage in a large bowl, sprinkle with salt and mix well. Let sit for at least 5 minutes, allowing the salt to draw out water from the cabbage.
2. After 5 minutes, drain the water from the bowl. Rinse off any excess salt and set aside in a colander to dry or use a clean towel to pat the cabbage dry.
3. Heat a large pan over medium-high heat and add oil. Once the oil is hot, add the jalapeño and garlic. Stir quickly for about 5 seconds to keep them from burning.
4. Add the cabbage and cook for 3 to 5 minutes with minimal stirring. Allow the edges of the cabbage to brown.
5. Increase the heat to high. Stir the cabbage and cook for 2 more minutes.
6. Turn off heat, add the soy sauce and stir.
7. Serve hot and enjoy!
8. Refrigerate leftovers.

Makes 4 servings. Adapted from *Vegetarian Chinese Soul Food* by Hsiao-Ching Cho.

Quick Tips

- Cabbage makes a delicious raw salad. Simply chop or shred and toss with your favorite dressing.
- Cabbage leaves can be filled with cooked rice and beans.
- Add shredded cabbage to a soup, stir-fry or stew for more bulk, nutrients and flavor.

Kids can:

- Remove the outer leaves from the heads of cabbage.
- Stuff leaves with filling.

卷心菜

- 挑选结实、无褐色斑点的卷心菜。
- 未清洗的卷心菜可以放到冰箱里保存长达 2 周。
- 食用前，摘掉外层菜叶，用水洗净即可。
- 卷心菜富含维生素 C，有助于预防感冒和愈合伤口。



台式蒜蓉辣椒卷心菜

配料：

- 4 杯切碎的卷心菜
- 1 茶匙盐
- 1 汤匙植物油
- 1 个墨西哥辣椒，去籽，切成薄片
- 1 瓣大蒜，切碎
- 2 茶匙低钠酱油

做法：

1. 将卷心菜放入大碗中，撒上盐，拌匀。放置至少 5 分钟，盐分将使卷心菜出水。
2. 5 分钟后，倒掉碗中的水。冲洗多余盐分，然后沥干卷心菜上的水分，或用干净毛巾擦干卷心菜。
3. 以中高火热锅，倒入油。待油热后，加入墨西哥辣椒和蒜末。快速翻炒约 5 秒，以防炒糊。
4. 加入卷心菜，轻轻翻炒 3 至 5 分钟。炒至卷心菜边缘变成焦黄色。
5. 转大火。翻炒卷心菜，继续煮 2 分钟。
6. 关火，加入酱油，翻炒均匀。
7. 装盘趁热享用！
8. 如未食完，冷藏保存。

可做 4 人份。改编自 Hsiao-Ching Cho 的《Vegetarian Chinese Soul Food》。

小贴士

- 卷心菜可用来制作美味的生食色拉。只需将它切碎或切丝，再加入您喜爱的调味料，搅拌均匀即可。
- 卷心菜的叶子可以用来做卷心菜包饭和卷心菜包豆。
- 在汤、炒菜或炖菜中加入切碎的卷心菜，可以增加菜量、丰富营养并增添口感。

孩子们可以：

- 摘掉卷心菜头部外层菜叶。
- 用菜叶包卷馅料。

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Repollo Guisado (Dominican Cabbage Stew)

Ingredients:

- 1 tablespoon vegetable oil
- 1 onion, diced
- 1 clove garlic, minced
- 1 medium bell pepper, cut into strips
- 1 medium tomato, diced
- 1 tablespoon tomato paste
- 1 cup water
- 3 cups shredded cabbage
- 1 tablespoon chopped green olives
- 1 teaspoon vinegar
- 1/4 teaspoon cayenne pepper
- 1/2 cup chopped cilantro
- Salt and black pepper to taste

Directions:

1. Heat the oil in a large pan over medium heat.
2. Add the onions and garlic and cook until soft, about 2 minutes.
3. Reduce the heat to low. Add the bell pepper and tomatoes and cook for 3 minutes.
4. In a small bowl, mix the tomato paste with 1 cup of water. Add to the pan and cook for 2 to 3 minutes.
5. Stir in the cabbage, olives, vinegar and cayenne pepper. Cover the pan and simmer over low heat until the cabbage is soft, about 15 minutes.
6. Stir in the cilantro and season with salt and black pepper to taste.
7. Serve and enjoy!
8. Refrigerate leftovers.

Makes 4 servings. Adapted from dominicancooking.com.

Quick Tips

- Cabbage makes a delicious raw salad. Simply chop or shred and toss with your favorite dressing.
- Cabbage leaves can be filled with cooked rice and beans.
- Add shredded cabbage to a soup, stir-fry or stew for more bulk, nutrients and flavor.

Kids can:

- Remove the outer leaves from the heads of cabbage.
- Stuff leaves with filling.

卷心菜

- 挑选结实、无褐色斑点的卷心菜。
- 未清洗的卷心菜可以放到冰箱里保存长达 2 周。
- 食用前，摘掉外层菜叶，用水洗净即可。
- 卷心菜富含维生素 C，有助于预防感冒和愈合伤口。



Repollo Guisado (多米尼加炖卷心菜)

配料：

- 1 汤匙植物油
- 1 个洋葱，切丁
- 1 瓣大蒜，切碎
- 1 个中等大小的甜椒，切条
- 1 个中等大小的番茄，切丁
- 1 汤匙番茄酱
- 1 杯水
- 3 杯卷心菜丝
- 1 汤匙绿橄榄菜末
- 1 茶匙醋
- 1/4 茶匙辣椒
- 1/2 杯香菜末
- 适量的盐和黑胡椒粉

做法：

1. 大锅中倒入油，中火加热。
2. 加入洋葱和大蒜，翻炒约 2 分钟直至变软。
3. 转小火。加入甜椒和番茄，炒 3 分钟。
4. 准备一个小碗，倒入番茄酱和 1 杯水，搅拌均匀。倒入锅中，煮 2 至 3 分钟。
5. 翻炒卷心菜、橄榄、醋和辣椒。盖上锅盖，用小火焖煮大约 15 分钟，煮到卷心菜变软。
6. 放入香菜，翻炒，撒上适量盐和黑胡椒粉。
7. 装盘即可享用！
8. 如未食完，冷藏保存。

可做 4 人份。改编自 dominicancooking.com。

小贴士

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- 摘掉卷心菜头部外层菜叶。
- 用菜叶包卷馅料。

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Just Say Yes to Fruits and Vegetables



Carrots

- Choose carrots that are firm, smooth and without cracks.
- Refrigerate unwashed raw carrots for up to 2 weeks. Refrigerate cooked carrots for up to 3 days.
- Before eating, scrub and rinse well. There is no need to peel the skin, which is full of nutrients.
- Carrots have vitamin A, which is good for your eyes and skin.



Carrot Raisin Salad

Ingredients:

2 cups shredded carrots
1/4 cup raisins
1 apple, diced
1 tablespoon vegetable oil
2 tablespoons lemon juice
1 garlic clove, minced
1/4 teaspoon cinnamon
Salt and black pepper to taste

Directions:

1. In a large bowl, add the carrots, raisins and apple.
2. To make dressing, combine all other ingredients in a small bowl and mix well.
3. Pour the dressing over carrots and raisins. Stir well.
4. Chill, serve and enjoy!
5. Refrigerate leftovers.

Makes 5 servings.

Braised Carrots and Tomatoes

Ingredients:

1 tablespoon vegetable oil
1 tablespoon whole coriander or cumin seeds (or 1 teaspoon ground)
1 cup chopped onion
4 cups chopped carrots
4 garlic cloves, minced
1 cup chopped tomatoes
1/2 cup chopped mint
Salt and black pepper to taste

Directions:

1. In a large pot, heat oil over medium-high heat.
2. Add coriander or cumin and onion, and cook until soft, about 5 minutes.
3. Add carrots and garlic and cook 3 minutes.
4. Add tomatoes and half of the mint. Cook until carrots are soft, about 10 minutes.
5. Turn off heat and add black pepper and the remaining mint.
6. Serve and enjoy!
7. Refrigerate leftovers.

Makes 4 servings. Adapted from nytimes.com.

Quick Tips

- Eat carrot sticks with low-fat salad dressing or dip.
- Shred carrots into a soup or salad.
- Wash and cook carrot tops to eat as greens.

Kids can:

- Remove greens.
- Scrub carrot skins.

胡萝卜

- 挑选坚硬光滑且无裂痕的胡萝卜。
- 未洗的生胡萝卜可冷藏存放最长 2 周。煮熟的胡萝卜可冷藏存放最长 3 天。
- 食用之前，擦洗并清洗干净。无需削皮，因为胡萝卜皮富含营养元素。
- 胡萝卜含维生素 A，对眼睛和皮肤有益。



胡萝卜葡萄干沙拉

食材：

- 2 杯切碎的胡萝卜
- 1/4 杯葡萄干
- 1 个苹果，切丁
- 1 汤匙植物油
- 2 汤匙柠檬汁
- 1 个大蒜瓣，剁碎
- 1/4 茶匙肉桂
- 适量的盐和黑胡椒粉

做法：

1. 取大碗，加入胡萝卜、葡萄干和苹果。
2. 另取小碗，将其他所有食材混合均匀，制成酱汁。
3. 将酱汁倒在胡萝卜和葡萄干上。搅拌均匀。
4. 冷藏后风味更佳！
5. 如未食完，冷藏保存。

可做 5 人份。

煨胡萝卜和番茄

食材：

- 1 汤匙植物油
- 1 汤匙整根胡荽或孜然籽（或 1 茶匙孜然粉）
- 1 杯切碎的洋葱
- 4 杯切碎的胡萝卜
- 4 个大蒜瓣，剁碎
- 1 杯切碎的番茄
- 1/2 杯切碎的薄荷
- 适量的盐和黑胡椒粉

做法：

1. 中大火加热大锅中的油。
2. 加入胡荽或孜然和洋葱，炒约 5 分钟，至变软为止。
3. 加入胡萝卜和大蒜，煮 3 分钟。
4. 加入番茄和一半薄荷，煮约 10 分钟，至胡萝卜变软为止。
5. 关火，加入黑胡椒粉和剩余的薄荷。
6. 装盘即可享用！
7. 如未食完，冷藏保存。

可做 4 人份。改编自 nytimes.com。

小贴士

- 可将胡萝卜条佐低脂沙拉酱或蘸酱食用。
- 可将胡萝卜切丝煮汤或拌入沙拉。
- 将胡萝卜缨洗净，可当做绿叶青菜食用。

孩子们可以：

- 摘掉叶子。
- 擦洗胡萝卜表皮。

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Just Say Yes to Fruits and Vegetables



Chickpeas

- Before cooking dried beans, remove pebbles and any shriveled beans. Soak for at least 8 hours.
- For a quicker prep time, cover chickpeas and bring to a boil. Turn off heat and allow beans to soak for 1 to 2 hours. Drain, rinse and cover with fresh water. Simmer until soft.
- Beans are an affordable source of protein and fiber.



Chickpea Salad

Ingredients:

1 small onion, finely diced
1/2 cup white vinegar
1 green bell pepper, diced
1 tomato, diced
1 garlic clove, minced
1 1/2 cups cooked or 1 can
(15 1/2 ounces) chickpeas,
drained and rinsed
2 tablespoons vegetable oil
1/4 cup cilantro, finely chopped
1 teaspoon smoked paprika
1 teaspoon cumin
Salt and black pepper to taste

Directions:

1. In a small bowl, place onions and cover with vinegar. Set aside for 10 minutes.
2. Mix bell pepper, tomato, garlic and chickpeas.
3. Mix in oil, cilantro, paprika and cumin.
4. Drain vinegar from the onions and add to the salad.
5. Add salt and black pepper to taste.
6. Serve and enjoy!
7. Refrigerate leftovers.

Makes 7 servings. Adapted from jehancancook.com.

Quick Tips

- 1 pound of dried chickpeas (2 cups) equals 5 to 6 cups of cooked chickpeas.
- Dried chickpeas can be kept in an airtight container for up to 1 year.

Kids can:

- Help pour water over dried beans to soak and cook.
- Help mash cooked beans with a fork.

鹰嘴豆



- 烹煮干豆之前，挑出其中的小石子和瘪豆。浸泡至少 8 小时。
- 要缩短准备时间，可将鹰嘴豆放入冷水中加盖煮至沸腾。关火，让豆子浸泡 1 至 2 小时。沥干水，用清水冲洗后，再以清水淹过豆子。炖 2 小时或至变软为止。
- 豆类是经济实惠的蛋白质和膳食纤维来源。

鹰嘴豆沙拉

食材：

- 1 个小洋葱，切细丁
- 1/2 杯白醋
- 1 个绿灯笼椒，切丁
- 1 个番茄，切丁
- 1 个大蒜瓣，剁碎
- 1 1/2 杯煮熟的鹰嘴豆或 1 罐 (15 1/2 盎司)
鹰嘴豆，洗净沥干
- 2 汤匙植物油
- 1/4 杯香菜，细细切碎
- 1 茶匙烟熏西班牙辣椒粉
- 1 茶匙孜然
- 适量盐和黑胡椒粉

做法：

1. 取小碗，加入洋葱，并淋上醋。放置 10 分钟。
2. 另取一只碗，混合灯笼椒、番茄、蒜和鹰嘴豆。
3. 加入油、香菜、西班牙辣椒粉和孜然。
4. 沥干洋葱上的醋，并加入沙拉中。
5. 撒上适量盐和黑胡椒粉。
6. 装盘即可享用！
7. 如未食完，冷藏保存。

7 份量。改编自 jehancancook.com。

小贴士

- 1 磅干鹰嘴豆 (2 杯) 相当于 5 至 6 杯煮熟的鹰嘴豆。
- 干鹰嘴豆可在密封容器内存放最长 1 年。

孩子们可以：

- 帮助将水倒进干豆，以便浸泡和烹煮。
- 使用叉子捣碎煮熟的豆子。

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Just Say Yes to Fruits and Vegetables



Chickpeas

- Before cooking dried beans, remove pebbles and any shriveled beans. Soak for at least 8 hours.
- For a quicker prep time, cover chickpeas and bring to a boil. Turn off heat and allow beans to soak for 1 to 2 hours. Drain, rinse and cover with fresh water. Simmer until soft.
- Beans are an affordable source of protein and fiber.



Chickpea Curry

Ingredients:

2 tablespoons vegetable oil
1/2 medium onion, diced
4 garlic cloves, minced
1/2 teaspoon cumin
2 1/2 tablespoons curry powder
3 large potatoes, diced
1 1/2 cups cooked or 1 can
(15 1/2 ounces) chickpeas,
drained and rinsed
4 cups baby spinach, tightly
packed
1 lime, juiced
1/2 cup fresh herbs, finely
chopped (parsley, basil, thyme
or cilantro)
Salt and black pepper to taste

Directions:

1. In a large pan, heat oil over medium-low heat. Add onion and garlic and sauté for 2 to 3 minutes or until soft.
2. Add cumin and curry powder and sauté for 3 to 5 minutes.
3. Turn heat to medium-high, stir in potatoes and add 2 1/2 cups of water. Bring to a boil.
4. Reduce heat to low, partially cover with a lid. Gently simmer for 10 minutes or until potatoes are soft.
5. Add chickpeas and baby spinach, cover with the lid, and cook for 1 to 2 minutes or until the spinach wilts down.
6. Remove from the heat, mix in fresh herbs, and add salt and black pepper to taste.
7. Serve and enjoy!
8. Refrigerate leftovers.

Makes 6 servings. Adapted from caribbeanpot.com.

Quick Tips

- 1 pound of dried chickpeas (2 cups) equals 5 to 6 cups of cooked chickpeas.
- Dried chickpeas can be kept in an airtight container for up to 1 year.

Kids can:

- Help pour water over dried beans to soak and cook.
- Help mash cooked beans with a fork.

鹰嘴豆



- 烹煮干豆之前，挑出其中的小石子和瘪豆。浸泡至少 8 小时。
- 要缩短准备时间，可将鹰嘴豆放入冷水中加盖煮至沸腾。关火，让豆子浸泡 1 至 2 小时。沥干水，用清水冲洗后，再以清水淹过豆子。炖 2 小时或至变软为止。
- 豆类是经济实惠的蛋白质和膳食纤维来源。

鹰嘴豆咖喱

食材：

- 2 汤匙植物油
- 1/2 个中等大小的洋葱，切丁
- 4 个大蒜瓣，剁碎
- 1/2 茶匙孜然
- 2 1/2 汤匙咖喱粉
- 3 个大土豆，切丁
- 1 1/2 杯煮熟的鹰嘴豆或 1 罐 (15 1/2 盎司) 鹰嘴豆，洗净沥干
- 4 杯嫩菠菜，压实
- 1 个酸橙，榨汁
- 1/2 杯新鲜香草，细细切碎 (欧芹、罗勒、百里香或香菜)
- 适量盐和黑胡椒粉

做法：

1. 中小火加热大锅中的油。加入洋葱和蒜，煎炒 2 至 3 分钟或至变软为止。
2. 加入孜然和咖喱粉，煎炒 3 至 5 分钟。
3. 转中大火，倒入土豆翻炒，再加 2 1/2 杯水。煮至沸腾。
4. 转小火，盖上一部分锅盖。慢炖 10 分钟或至土豆变软为止。
5. 加入鹰嘴豆和嫩菠菜，加盖煮 1 至 2 分钟或至菠菜变软为止。
6. 从火上移开，加新鲜香草，撒上适量盐和黑胡椒粉。
7. 装盘即可享用！
8. 如未食完，冷藏保存。

可做 6 人份。改编自 caribbeanpot.com。

小贴士

- 1 磅干鹰嘴豆 (2 杯) 相当于 5 至 6 杯煮熟的鹰嘴豆。
- 干鹰嘴豆可在密封容器内存放最长 1 年。

孩子们可以：

- 帮助将水倒进干豆，以便浸泡和烹煮。
- 使用叉子捣碎煮熟的豆子。

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Just Say Yes to Fruits and Vegetables



Corn

- Look for fresh green husks with no rotten spots.
- Leave husk on and wrap in a plastic bag. Refrigerate for up to 7 days.
- Corn can be eaten raw. Just remove the silky husks, rinse, cut the kernels off the cob and enjoy!
- Corn has fiber, which helps to keep you regular.



Raw Corn Salad

Ingredients:

4 ears of corn
1 red onion, chopped
2 tomatoes, chopped
2 carrots, grated
2 tablespoons vegetable oil
1/4 cup vinegar
1 cup chopped fresh cilantro
Salt and black pepper to taste

Directions:

1. Remove husks from corn, rinse and cut off kernels from the cob.
2. In a large bowl, combine corn, onion, tomatoes and carrots.
3. To make dressing, combine oil, vinegar, cilantro, salt and black pepper in a small bowl. Mix well.
4. Pour dressing on the salad and toss.
5. Serve and enjoy!
6. Refrigerate leftovers.

Makes 6 servings. Adapted from greenmarketrecipes.com.

Fresh Corn Polenta

Ingredients:

4 ears of corn
1 tablespoon vegetable oil
1/2 cup chopped onion
1/2 teaspoon salt
Salt and black pepper to taste

Directions:

1. Remove husks from corn, rinse and grate corn kernels using a box grater. Reserve corn solids and liquids.
2. In a large pot, heat oil over medium heat. Add onion and cook until soft, about 5 minutes.
3. Add corn and cook until thick, about 3 minutes.
4. Remove from heat and add salt and black pepper to taste
5. Serve and enjoy!
6. Refrigerate leftovers.

Makes 4 servings. Adapted from food52.com.

Quick Tips

- You can eat corn raw, boiled or grilled, or add it to salads, soups, stews or stir-fries.
- To boil corn, remove husks and the silky part from the top, then place whole ears in boiling water for 7 minutes.
- 1 ear of corn gives you about 3/4 cup of kernels.

Kids can:

- Remove corn husks and silk.
- Stir corn salad ingredients.

玉米

- 挑选无腐烂且外皮新鲜翠绿的玉米。
- 保留外皮，并装入塑料袋中。可冷藏存放最长 7 天。
- 玉米可以生食。剥掉玉米的外皮和玉米须，仔细清洗，并将玉米粒从玉米穗轴上剥下即可享用！
- 玉米含膳食纤维，有助于保持排便通畅。



生玉米沙拉

食材：

- 4 根玉米
- 1 个红洋葱，切碎
- 2 个番茄，切碎
- 2 根胡萝卜
- 2 汤匙植物油
- 1/4 杯醋
- 1 杯切碎的新鲜香菜
- 适量盐和黑胡椒粉

做法：

1. 剥掉玉米的外皮，清洗干净，并从玉米穗上剥下玉米粒。
2. 取大碗，混合玉米、洋葱、番茄和胡萝卜。
3. 另取小碗，混合油、醋、香菜、盐和黑胡椒粉，制成酱汁。混合均匀。
4. 将酱汁倒在沙拉上，搅拌均匀。
5. 装盘即可享用！
6. 如未食完，冷藏保存。

可做 6 人份。改编自 greenmarketrecipes.com。

新鲜玉米粥

食材：

- 4 根玉米
- 1 汤匙植物油
- 1/2 杯切碎的洋葱
- 1/2 茶匙盐
- 适量盐和黑胡椒粉

做法：

1. 剥掉玉米的外皮，清洗并使用刨丝器磨碎玉米粒。留下玉米碎和玉米浆备用。
2. 中火加热大锅中的油。加入洋葱，炒约 5 分钟，至变软为止。
3. 加入玉米，炒约 3 分钟，至变稠为止。
4. 从火上移开，撒上适量盐和黑胡椒粉。
5. 装盘即可享用！
6. 如未食完，冷藏保存。

可做 4 人份。改编自 food52.com。

小贴士

- 玉米可生食、水煮、烧烤或加入沙拉、汤炖菜或炒菜中。
- 煮玉米时，剥掉外皮和顶端的玉米须，然后将整根玉米放入沸水中煮 7 分钟。
- 1 根玉米可剥出约 3/4 杯玉米粒。

孩子们可以：

- 剥掉玉米外皮和玉米须。
- 搅拌玉米沙拉的所有食材。

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Just Say Yes to Fruits and Vegetables



Cucumbers

- Choose firm cucumbers without spots or bruises.
- Refrigerate whole cucumbers for up to 1 week.
- Before eating, rinse and cut off the ends. The skin and seeds can be eaten and are full of fiber and nutrients.
- Cucumbers contain lots of water, which helps to keep you hydrated.



Sweet and Spicy Cucumbers

Ingredients:

3 cucumbers, thinly sliced
1/2 red onion, chopped
1/2 cup red wine vinegar
2 tablespoons sugar
1/4 teaspoon salt
1/4 teaspoon red pepper flakes

Directions:

1. In a large bowl, combine the cucumbers and red onion.
2. To make dressing, stir together 1/2 cup of water, vinegar, sugar, salt and red pepper flakes in a small bowl.
3. Pour the dressing on the cucumbers and mix gently.
4. Serve chilled and enjoy!
5. Refrigerate leftovers.

Makes 6 servings. Adapted from ourbestbites.com.

Cucumber Tomato Salad

Ingredients:

2 cucumbers, sliced
2 tomatoes, chopped
1 onion, sliced
1/2 teaspoon chopped garlic
1/2 teaspoon dried oregano (optional)
1 tablespoon vegetable oil
3 tablespoons vinegar
Salt and black pepper to taste

Directions:

1. In a medium bowl, combine all ingredients.
2. Chill for 1 hour.
3. Stir and serve. Enjoy!
4. Refrigerate leftovers.

Makes 6 servings.

Quick Tips

- Add chopped cucumbers to salads or sandwiches for extra crunch.
- Slice cucumbers in half lengthwise and scoop out seeds. Fill with low-fat cottage cheese, tuna or egg salad.
- Make quick pickles: Mix the same amount of vinegar and water with a pinch of salt and your favorite spices. Pour over cucumber slices and enjoy in 1 hour.

Kids can:

- Rinse cucumbers before eating.
- Cut cucumbers with a plastic knife.

黄瓜

- 挑选无斑点或碰伤的脆黄瓜。
- 整根黄瓜可冷藏存放最长 1 周。
- 食用之前，清洗并切除两端。皮和籽可以食用，且富含膳食纤维与各种营养元素。
- 黄瓜含大量水分，能帮助人体补充水分。



甜辣黄瓜

食材：

- 3 根黄瓜，切薄片
- 1/2 个红洋葱，切碎
- 1/2 杯红酒醋
- 2 汤匙糖
- 1/4 茶匙盐
- 1/4 茶匙红辣椒碎片

做法：

1. 取大碗，混合黄瓜和红洋葱。
2. 另取小碗，加入 1/2 杯水、醋、糖、盐和红辣椒片，搅拌均匀，制成酱汁。
3. 将酱汁浇在黄瓜上，轻轻搅拌。
4. 冷藏后风味更佳！
5. 如未食完，冷藏保存。

可做 6 人份。改编自 ourbestbites.com。

黄瓜番茄沙拉

食材：

- 2 根黄瓜，切片
- 2 个番茄，切碎
- 1 个洋葱，切片
- 1/2 茶匙切碎的大蒜
- 1/2 茶匙干牛至（可不加）
- 1 汤匙植物油
- 3 汤匙醋
- 适量盐和黑胡椒粉

做法：

1. 取中碗，混合所有食材。
2. 冷藏 1 小时。
3. 搅拌均匀即可食用。享受美味！
4. 如未食完，冷藏保存。

可做 6 人份。

小贴士

- 可将切碎的黄瓜加入沙拉或三明治中，以增加爽脆口感。
- 可将黄瓜纵向切成两半，舀出里面的籽。再填入低脂茅屋起司、金枪鱼或鸡蛋沙拉。
- 制作腌黄瓜：混合等量的醋和水，再加少许盐和喜爱的调味料。浇在黄瓜片上，并在 1 小时内食用。

孩子们可以：

- 在食用之前，清洗黄瓜。
- 使用塑料刀切黄瓜。

如需健康饮食建议，请在 Facebook 上 ([facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc)) 给我们点赞。如需更多 Stellar Farmers Market（优选农贸市场）项目相关信息，请访问 nyc.gov/health/farmersmarkets。如需浏览更多美味食谱，请访问 jsyfruitveggies.org。本资料由美国农业部 (United States Department of Agriculture, USDA) 营养补充援助计划 (Supplemental Nutrition Assistance Program, SNAP) 赞助。

Just Say Yes to Fruits and Vegetables



Eggplant



- Choose eggplants with smooth skin and no soft spots.
- Store unwashed eggplants in the refrigerator for up to 10 days.
- Before cooking, rinse and cut off the tops. Skin and seeds can be eaten and contain fiber and nutrients.
- Eggplants have antioxidants, which help to fight disease.

Eggplant With Basil

Ingredients:

1 tablespoon vegetable oil
1/2 jalapeño, seeded and diced
2 garlic cloves, diced
1 tablespoon fresh ginger, peeled and minced
8 cups diced eggplant
2 tablespoons low-sodium soy sauce
1 teaspoon honey or sugar
1 cup chopped basil
Salt and black pepper to taste

Directions:

1. In a large pan, heat oil over medium heat. Add jalapeño, garlic and ginger, and cook for 2 minutes. Stir often.
2. Add eggplant and stir. Add 1 cup of water, cover pan and cook until eggplant is soft, about 6 to 7 minutes. Add extra water if needed.
3. Add soy sauce and honey and stir. Turn off heat.
4. Add basil and stir. Add salt and black pepper to taste.
5. Serve hot and enjoy!
6. Refrigerate leftovers.

Makes 8 servings. Adapted from thaitable.com.

Tomato and Eggplant Stew

Ingredients:

1 tablespoon vegetable oil
1 cup chopped onion
1 cup chopped green bell pepper
2 garlic cloves, diced
8 cups chopped eggplant
3 cups chopped fresh tomatoes
1 tablespoon fresh or 2 teaspoons dried thyme
Salt and black pepper to taste

Directions:

1. In a large pot, heat oil over medium heat. Add onion and bell pepper and cook until soft.
2. Add garlic and cook for 1 minute. Add eggplant and cook for an additional 5 minutes.
3. Add tomatoes and thyme, stir and bring to a boil. Reduce heat to low and cook until sauce thickens and eggplant is fully cooked, about 15 minutes. Add salt and black pepper to taste. Stir often.
4. Serve hot or warm and enjoy!
5. Refrigerate leftovers.

Makes 8 servings. Adapted from nytimes.com.

Quick Tips

- Use diced eggplant in cooked vegetable side dishes or entrées.
- All eggplant varieties can be used in place of one another in recipes. Try new colors and shapes!
- Eggplant is great grilled. Top with oil, salt and black pepper, and place on a hot grill.

Kids can:

- Rinse eggplants before cooking.
- Cut a piece of eggplant into small pieces with a plastic knife.

茄子



- 挑选表皮光滑且无软斑点的茄子。
- 未清洗的茄子可放入冰箱存放最长 10 天。
- 食用之前，清洗并削去茄子蒂。皮和籽可以食用，且含膳食纤维与多种营养元素。
- 茄子含抗氧化物，有防病强身之功效。

罗勒烧茄子

食材：

- 1 汤匙植物油
- 1/2 个墨西哥辣椒，去籽切丁
- 2 个大蒜瓣，切丁
- 1 汤匙去皮并剁碎的新鲜生姜
- 8 杯切丁的茄子
- 2 汤匙低钠酱油
- 1 茶匙蜂蜜或糖
- 1 杯切碎的罗勒
- 适量盐和黑胡椒粉

做法：

1. 中火加热大锅中的油。加入墨西哥辣椒、蒜和姜，炒 2 分钟。期间不断翻炒。
2. 加入茄子并翻炒。加入 1 杯水，加盖煮约 6 至 7 分钟，至茄子变软为止。如有必要，添加更多水。
3. 加入酱油和蜂蜜，搅拌均匀。关火。
4. 加入罗勒并翻炒。撒上适量盐和黑胡椒粉。
5. 趁热享用！
6. 如未食完，冷藏保存。

可做 8 人份。改编自 thaitable.com。

番茄炖茄子

食材：

- 1 汤匙植物油
- 1 杯切碎的洋葱
- 1 杯切碎的绿灯笼椒
- 2 个大蒜瓣，切丁
- 8 杯切碎的茄子
- 3 杯切碎的新鲜番茄
- 1 汤匙新鲜百里香或 2 茶匙干百里香
- 适量盐和黑胡椒粉

做法：

1. 中火加热大锅中的油。加入洋葱和灯笼椒，炒至变软为止。
2. 加入大蒜，炒 1 分钟。加入茄子，再炒 5 分钟。
3. 加入番茄和百里香，翻炒至沸腾为止。转小火，煮约 15 分钟，至酱汁变稠且茄子全熟为止。撒上适量盐和黑胡椒粉。期间不断翻炒。
4. 装盘趁热享用！
5. 如未食完，冷藏保存。

可做 8 人份。改编自 nytimes.com。

小贴士

- 可在煮熟的蔬菜类配菜或主菜内添加茄丁。
- 可在食谱中换用各类茄子。不妨试试不同颜色和形状的差别！
- 茄子适合烧烤。给茄子刷上油、盐和黑胡椒粉，再放到热烤架上炙烤。

孩子们可以：

- 在烹饪之前，清洗茄子。
- 使用塑料刀将茄子片切成小块。

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Just Say Yes to Fruits and Vegetables



Fruit-Infused Water

- Drink plenty of water every day. Drink more water when it is hot outside and when you are physically active.
- Drink New York City tap water. It is free, clean and good for you. Fill a water bottle and carry it with you during the day.
- Get creative! Add flavor to water by adding a slice of your favorite fruit.



Spring: Strawberry and Basil

Ingredients:

2 cups sliced strawberries
1/4 cup fresh basil leaves
Water or carbonated water
Ice

Directions:

1. Add strawberries and basil to a pitcher.
2. Gently press mixture with a spoon to release some of the juices.
3. Add ice to the pitcher, then fill with water. Stir to mix.
4. Serve immediately or cover and chill in the refrigerator. Enjoy!

Early Summer: Mixed Berry

Ingredients:

2 cups blueberries, raspberries
and blackberries
Water or carbonated water
Ice

Directions:

1. Add berries to a pitcher.
2. Gently press mixture with a spoon to release some of the juices.
3. Add ice to the pitcher, then fill with water. Stir to mix.
4. Serve immediately or cover and chill in the refrigerator. Enjoy!

Late Summer: Watermelon and Jalapeño

Ingredients:

2 cups chopped watermelon
1/2 jalapeño, seeds removed
and sliced thin
Water or carbonated water
Ice

Directions:

1. Add watermelon and jalapeño to a pitcher.
2. Gently press mixture with a spoon to release some of the juices.
3. Add ice to pitcher, then fill with water. Stir to mix.
4. Serve immediately or cover and chill in the refrigerator. Enjoy!

Fall and Winter: Apple, Pear and Ginger

Ingredients:

1 apple, sliced
1 pear, sliced
2 tablespoons minced ginger
Water or carbonated water
Ice

Directions:

1. Add apple, pear and ginger to a pitcher.
2. Gently press mixture with a spoon to release some of the juices.
3. Add ice to pitcher, then fill with water. Stir to mix.
4. Serve immediately or cover and chill in the refrigerator. Enjoy!

果味水

- 每天都需要饮用大量的水。身处炎热户外和从事体力活动后，更需要多喝水。
- 请饮用纽约市自来水。此水免费干净，并且对您有益。将水瓶装满水，白天随身携带。
- 试试多点创意！在水中加一片喜爱的水果，以增加风味。



春季：草莓和罗勒

食材：

2 杯切片的草莓
1/4 杯新鲜罗勒叶
水或碳酸水
冰

做法：

1. 将草莓和罗勒加入水樽。
2. 使用勺子轻轻按压水果，挤出一些果汁。
3. 将冰加入水樽，然后加水。搅拌混合。
4. 立即饮用或盖好放入冰箱冷藏后饮用。享受美味！

初夏：混合浆果

食材：

2 杯蓝莓、树莓和黑莓
水或碳酸水
冰

做法：

1. 将浆果加入水樽。
2. 使用勺子轻轻按压水果，挤出一些果汁。
3. 将冰加入水樽，然后加水。搅拌混合。
4. 立即饮用或盖好放入冰箱冷藏后饮用。享受美味！

夏末：西瓜和墨西哥辣椒

食材：

2 杯切碎的西瓜
1/2 个墨西哥辣椒，去籽切薄片
水或碳酸水
冰

做法：

1. 将西瓜和墨西哥辣椒加入水樽。
2. 使用勺子轻轻按压水果，挤出一些果汁。
3. 将冰加入水樽，然后加水。搅拌混合。
4. 立即饮用或盖好放入冰箱冷藏后饮用。享受美味！

秋季和冬季：苹果、梨子和姜

食材：

1 个苹果，切片
1 个梨子，切片
2 汤匙姜蓉
水或碳酸水
冰

做法：

1. 将苹果、梨子和姜加入水樽。
2. 使用勺子轻轻按压水果，挤出一些果汁。
3. 将冰加入水樽，然后加水。搅拌混合。
4. 立即饮用或盖好放入冰箱冷藏后饮用。享受美味！

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Just Say Yes to Fruits and Vegetables



Green Beans



- Choose firm and crisp fresh green beans.
- Put in a loosely closed plastic bag and keep in the refrigerator for up to 5 days.
- Rinse green beans and remove ends before eating.
- Green beans have vitamin A, which is good for your eyes and skin.

Green Bean Stir-Fry With Corn

Ingredients:

2 tablespoons vegetable oil
2 garlic cloves, minced
1 jalapeño, seeded and minced
4 cups chopped green beans
1 cup corn
2 tablespoons chopped scallions
1 cup chopped cilantro
2 tablespoons low-sodium soy sauce
1 teaspoon honey

Directions:

1. In a large pan, heat oil over medium-high heat.
2. Add garlic and jalapeño and cook 1 minute. Stir often.
3. Add green beans, corn and scallions. Mix well.
4. Cook until green beans are soft, about 4 to 5 minutes. Stir often.
5. Reduce heat to medium. Add cilantro, soy sauce and honey. Stir well and cook 1 minute.
6. Serve and enjoy!
7. Refrigerate leftovers.

Makes 6 servings. Adapted from bonappetit.com.

Green Bean and Cherry Tomato Salad

Ingredients:

4 cups chopped green beans
4 cups cherry tomatoes, halved
1/4 cup sliced fresh basil
3 tablespoons vegetable oil
2 tablespoons apple cider vinegar
3 tablespoons minced shallots
1/8 teaspoon crushed red pepper flakes (optional)

Directions:

1. In a large pot, boil 2 cups of water over high heat.
2. Add green beans and cook to desired firmness.
3. Rinse green beans under cold water until cool.
4. Combine cooled green beans, tomatoes and basil in a bowl.
5. To make dressing, combine oil, vinegar, shallots and red pepper flakes in a small bowl. Mix well.
6. Add dressing to vegetables and mix well.
7. Serve and enjoy!
8. Refrigerate leftovers.

Makes 8 servings. Adapted from smittenkitchen.com.

Quick Tips

- Add green beans to a soup, stew or stir-fry.
- Green beans can be eaten raw. Chop fresh green beans and add them to a tossed salad for some crunch.
- Stir-fry with garlic and a small amount of oil for a tasty side dish.

Kids can:

- Wash green beans.
- Break green beans into pieces.

四季豆



- 挑选豆荚硬实且色泽嫩绿的四季豆。
- 装入略微封紧的塑料袋中，可在冰箱内存放最长 5 天。
- 食用之前，清洗四季豆，并摘除两头的筋。
- 四季豆含维生素 A，对眼睛和皮肤有益。

玉米炒四季豆

食材：

- 2 汤匙植物油
- 2 个大蒜瓣，剁碎
- 1 个墨西哥辣椒，去籽剁碎
- 4 杯切碎的四季豆
- 1 杯玉米
- 2 汤匙切碎的葱
- 1 杯切碎的香菜
- 2 汤匙低钠酱油
- 1 茶匙蜂蜜

做法：

1. 中大火加热大锅中的油。
2. 加入大蒜和墨西哥辣椒，炒 1 分钟。期间不断翻炒。
3. 加入四季豆、玉米和青葱。混合均匀。
4. 炒约 4 至 5 分钟，至四季豆变软为止。期间不断翻炒。
5. 转中火。撒上香菜、酱油和蜂蜜。搅拌均匀，再炒 1 分钟。
6. 装盘即可享用！
7. 如未食完，冷藏保存。

可做 6 人份。改编自 bonappetit.com。

四季豆和樱桃番茄沙拉

食材：

- 4 杯切碎的四季豆
- 4 杯樱桃番茄，对半切开
- 1/4 杯切片的新鲜罗勒
- 3 汤匙植物油
- 2 汤匙苹果醋
- 3 汤匙剁碎的火葱
- 1/8 茶匙红辣椒碎片（可不加）

做法：

1. 大锅中倒入 2 杯水，大火煮沸。
2. 加入四季豆，煮至软硬适中。
3. 使用冷水冲洗四季豆，至冷却为止。
4. 将冷却的四季豆、番茄和罗勒倒入碗内混合。
5. 另取小碗，混合油、醋、火葱和红辣椒碎片，制成酱汁。混合均匀。
6. 将酱汁浇到蔬菜上，混合均匀。
7. 装盘即可享用！
8. 如未食完，冷藏保存。

可做 8 人份。改编自 smittenkitchen.com。

小贴士

- 可将四季豆加入汤、炖菜或炒菜中。
- 四季豆可以生食。切碎的新鲜四季豆可加入拌沙拉中，以增加爽脆口感。
- 可将四季豆配上大蒜和少量橄榄油翻炒，制成一道美味的配菜。

孩子们可以：

- 清洗四季豆。
- 将四季豆掰成段。

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Just Say Yes to Fruits and Vegetables



Lettuce

- Choose lettuce that is firm and green, and that smells sweet.
- Wrap unwashed lettuce in a paper towel or clean cotton dish towel and place in a plastic bag. Refrigerate for 3 to 7 days. Rinse just before using.
- Before eating, remove the center core and outer wilted leaves. Rinse well and dry with a clean towel.
- Lettuce has vitamin A, which is good for your eyes and skin.



Lettuce and Apple Salad

Ingredients:

6 cups shredded lettuce
2 apples, chopped
1/2 cup carrot, shredded
1/2 cucumber, chopped
2 tablespoons olive oil
2 teaspoons red wine vinegar
2 teaspoons balsamic vinegar
1 garlic clove, minced
Salt and black pepper to taste

Directions:

1. In a large bowl, add the lettuce, apples, carrots and cucumber. Toss lightly.
2. In a small bowl, add the garlic and a pinch of salt and press it with the back of a spoon until you get a smooth garlic paste.
3. Add oil, red wine and balsamic vinegars, another pinch of salt and black pepper, and stir in a small bowl to combine.
4. Pour dressing on salad and toss. Enjoy!
5. Refrigerate leftovers.

Makes 6 servings. Adapted from jsyfruitveggies.org.

Stir-Fried Lettuce

Ingredients:

2 teaspoons vegetable oil
4 garlic cloves, minced
1 tablespoon low-sodium soy sauce
1 teaspoon honey or sugar
2 heads lettuce, chopped
1/4 teaspoon crushed red pepper flakes (optional)
Salt and black pepper to taste

Directions:

1. In a large pot, heat oil over medium heat.
2. Add garlic and cook for 2 minutes. Stir often.
3. Add soy sauce and honey (or sugar) and stir.
4. Add lettuce and cook until lettuce is soft, about 2 to 3 minutes.
5. Add red pepper flakes and salt and black pepper to taste.
6. Serve hot and enjoy!
7. Refrigerate leftovers.

Makes 4 servings. Submitted by Beth Bainbridge, Stellar Farmers Markets.

Quick Tips

- Lettuce is great cooked! Shred leaves and add to a soup or stir fry just like other leafy greens.
- Squeeze lemon juice and a bit of oil over lettuce for a quick salad.
- The darker the color of lettuce, the richer it is in nutrients.

Kids can:

- Rinse lettuce in cold water.
- Tear lettuce leaves.

生菜

- 挑选质地脆嫩、气味香甜的绿色生菜。
- 使用纸巾或干净的棉质洗碗巾包裹未清洗的生菜，并装入塑料袋中。可冷藏存放 3 至 7 天。使用之前，清洗干净。
- 食用之前，去掉菜心和外层枯叶。清洗干净，再用干净毛巾擦干。
- 生菜含维生素 A，对眼睛和皮肤有益。



生菜苹果沙拉

食材：

- 6 杯撕碎的生菜
- 2 个苹果，切碎
- 1/2 杯切碎的胡萝卜
- 1/2 根黄瓜，切碎
- 2 汤匙橄榄油
- 2 茶匙红酒醋
- 2 茶匙香醋
- 1 个大蒜瓣，剁碎
- 适量盐和黑胡椒粉

做法：

1. 取大碗，加入生菜、苹果、胡萝卜和黄瓜。轻轻搅拌。
2. 另取小碗，加入蒜和少许盐，用勺背按压为柔滑的蒜泥。
3. 在小碗中加入油、红酒醋和香醋，以及少许盐和黑胡椒粉，搅拌均匀。
4. 将酱汁倒在沙拉上，搅拌均匀。享受美味！
5. 如未食完，冷藏保存。

可做 6 人份。改编自 jsyfruitveggies.org。

炒生菜

食材：

- 2 茶匙植物油
- 4 个大蒜瓣，剁碎
- 1 汤匙低钠酱油
- 1 茶匙蜂蜜或糖
- 2 颗生菜，切碎
- 1/4 茶匙红辣椒碎片（可不加）
- 适量盐和黑胡椒粉

做法：

1. 中火加热大锅中的油。
2. 加入大蒜，炒 2 分钟。期间不断翻炒。
3. 加入酱油和蜂蜜（或糖），搅拌均匀。
4. 加入生菜，炒约 2 到 3 分钟，至生菜变软为止。
5. 加入红辣椒碎片、盐和黑胡椒粉调味。
6. 装盘趁热享用！
7. 如未食完，冷藏保存。

可做 4 人份。由 Stellar Farmers Markets 的 Beth Bainbridge 提供。

小贴士

- 生菜非常美味！将生菜叶撕碎，然后加入汤或炒菜里，做法与其他所有绿叶青菜一样。
- 在生菜上挤一些柠檬汁，再滴几滴油，可制成简易沙拉。
- 生菜的颜色越深，所含的营养元素越丰富。

孩子们可以：

- 用冷水清洗生菜。
- 撕碎生菜叶子。

如需健康饮食建议，请在 Facebook 上 ([facebook.com/eatinghealthynyc](https://www.facebook.com/eatinghealthynyc)) 给我们点赞。如需更多 Stellar Farmers Market（优选农贸市场）项目相关信息，请访问 nyc.gov/health/farmersmarkets。如需浏览更多美味食谱，请访问 jsyfruitveggies.org。本资料由美国农业部 (United States Department of Agriculture, USDA) 营养补充援助计划 (Supplemental Nutrition Assistance Program, SNAP) 赞助。

Just Say Yes to Fruits and Vegetables



Melons

- Choose melons that smell good, are heavy for their size and do not have bruises.
- Keep melons out of direct sunlight and at room temperature until ripe, then refrigerate. Melons are ripe when they have a strong scent. Keep cut melons in the refrigerator.
- Before eating, rinse the rinds, remove the seeds and cut into pieces or slices.
- Melons have potassium, which is good for your heart.



Melon Gazpacho

Ingredients:

4 cups chopped melon
(cantaloupe and honeydew)
2 cups chopped tomatoes
3 cups chopped red and
green bell peppers
1/2 cup chopped scallions
1/2 jalapeño, chopped with
seeds removed
3 garlic cloves
1/4 cup lemon juice
1 tablespoon vegetable oil
Salt and black pepper to taste

Directions:

1. In a blender or food processor, puree all ingredients.
2. Add salt and black pepper to taste.
3. Enjoy or refrigerate and serve cold.
4. Refrigerate leftovers.

Makes 7 servings. Adapted from tastingtable.com.

Melon Salad With Fresh Herbs

Ingredients:

3 cups chopped cantaloupe
1/2 jalapeño, diced
1/4 cup fresh cilantro
1/4 cup fresh basil
1/4 cup fresh mint
1/4 cup fresh lime juice
Salt and black pepper to taste

Directions:

1. In a large bowl, combine all ingredients and mix well.
2. Add salt and black pepper to taste.
3. Enjoy or refrigerate and serve cold.
4. Refrigerate leftovers.

Makes 4 servings. Submitted by Beth Bainbridge,
Stellar Farmers Markets.

Quick Tips

- Blend together melon, non-fat yogurt and fresh herbs for a refreshing smoothie.
- Add melon cubes or melon balls to fruit salads.
- Add melon to a green salad for a sweet burst of flavor.

Kids can:

- Scoop out melon seeds.
- Help choose a ripe melon by smelling it when buying.

甜瓜



- 挑选气味香甜、分量较沉且无碰伤的甜瓜。
- 避光且室温下存放至甜瓜变熟，然后冷藏。成熟的甜瓜带有浓郁的香味。切开后的甜瓜应放入冰箱存放。
- 食用之前，清洗外皮并去籽，然后切块或切片。
- 甜瓜含钾，对心脏有益。

甜瓜冷汤

食材：

- 4 杯切碎的甜瓜（哈密瓜和蜜瓜）
- 2 杯切碎的番茄
- 3 杯切碎的红灯笼椒和绿灯笼椒
- 1/2 杯切碎的青葱
- 1/2 个墨西哥辣椒，去籽切碎
- 3 个大蒜瓣
- 1/4 杯柠檬汁
- 1 汤匙植物油
- 适量盐和黑胡椒粉

做法：

1. 将所有食材倒入搅拌器或食物加工机搅拌成泥。
2. 撒上适量盐和黑胡椒粉。
3. 立即食用或冷藏后食用。
4. 如未食完，冷藏保存。

可做 7 人份。 改编自 **tastingtable.com**。

新鲜香草甜瓜沙拉

食材：

- 3 杯切碎的哈密瓜
- 1/2 墨西哥辣椒，切丁
- 1/4 杯新鲜香菜
- 1/4 杯新鲜罗勒
- 1/4 杯新鲜薄荷
- 1/4 杯新鲜酸橙汁
- 适量盐和黑胡椒粉

做法：

1. 取大碗，将所有食材混合均匀。
2. 撒上适量盐和黑胡椒粉。
3. 立即食用或冷藏后食用。
4. 如未食完，冷藏保存。

可做 4 人份。 由 Stellar Farmers Markets 的 Beth Bainbridge 提供。

小贴士

- 可将甜瓜、脱脂酸奶和新鲜香草搅拌制成清爽可口的冰沙。
- 可将甜瓜块或甜瓜球加入水果沙拉中。
- 可将甜瓜加入青菜沙拉中，以增加香甜风味。

孩子们可以：

- 舀出甜瓜籽。
- 在选购时，可通过闻气味来挑选成熟的甜瓜。

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Just Say Yes to Fruits and Vegetables



Peaches

- Choose peaches with reddish, velvety skin.
- Keep peaches out of direct sunlight and at room temperature until ripe. Refrigerate ripe peaches for up to 5 days.
- Rinse before eating.
- Peaches have vitamin A, which is good for your eyes and skin.



Peach Compote

Ingredients:

4 cups chopped peaches
2 cups chopped nectarines
or plums
2 tablespoons honey
1 teaspoon lemon zest
1 cinnamon stick or 1 teaspoon
ground cinnamon

Directions:

1. In a pot over medium heat, add fruit and honey.
2. Add lemon zest and cinnamon. Stir.
3. Cook until fruit is soft, about 10 to 12 minutes.
4. Serve immediately or refrigerate and enjoy cold.
5. Refrigerate leftovers.

Makes 4 servings. Adapted from
marthastewart.com.

Just Peachy Salsa

Ingredients:

2 cups diced peaches
3/4 cup diced cucumber
1/4 cup finely diced red onion
1/4 cup chopped cilantro
1 jalapeño, seeds removed
and finely diced
2 tablespoons lime juice
Salt and black pepper to taste

Directions:

1. In a medium bowl, combine all ingredients and toss well.
2. Serve or chill and enjoy!
3. Refrigerate leftovers.

Makes 8 servings. Adapted from
vegetariantimes.com.

Quick Tips

- Put peach slices on hot or cold breakfast cereals, waffles or pancakes.
- Chop peaches and add to low-fat yogurt.
- Do not throw away bruised peaches. Slightly damaged fruit can be cooked into a delicious sauce.

Kids can:

- Rinse peaches.
- Add chopped peaches to salsas.

桃子

- 挑选表皮微红光滑且绒毛均匀的桃子。
- 应避光并置于室温下储藏，直到桃子变熟。熟桃可冷藏存放最长 5 天。
- 食用之前，清洗干净。
- 桃子含维生素 A，对眼睛和皮肤有益。



蜜桃蜜饯

食材：

- 4 杯切碎的桃子
- 2 杯切碎的油桃或李子
- 2 汤匙蜂蜜
- 1 茶匙柠檬皮屑
- 1 根肉桂棒或 1 茶匙肉桂粉

做法：

1. 锅置于中火上，加入水果和蜂蜜。
2. 加入柠檬皮屑和肉桂。翻炒。
3. 烹煮约 10 至 12 分钟，至水果变软为止。
4. 立即食用或冷藏后食用。
5. 如未食完，冷藏保存。

可做 4 人份。改编自 marthastewart.com。

桃味莎莎酱

食材：

- 2 杯切丁的桃子
- 3/4 杯切丁的黄瓜
- 1/4 杯切成细丁的红洋葱
- 1/4 杯切碎的香菜
- 1 个墨西哥辣椒，去籽并切成细丁
- 2 汤匙酸橙汁
- 适量盐和黑胡椒粉

做法：

1. 取中碗，将所有食材搅拌均匀。
2. 立即食用或冰镇食用，享受美味！
3. 如未食完，冷藏保存。

可做 8 人份。改编自 vegetariantimes.com。

小贴士

- 可将桃子切片，放到冷热早餐燕麦片、华夫饼或煎饼上。
- 切碎的桃子可加入到脱脂酸奶中。
- 别扔碰伤的桃子。轻微受损的桃子可烹煮成美味果酱。

孩子们可以：

- 清洗桃子。
- 将切碎的桃子加入莎莎酱中。

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Just Say Yes to Fruits and Vegetables



Pears

- Choose pears that are slightly soft around the stem and have no bruises.
- Refrigerate for up to 5 days.
- Rinse well before eating.
- Pears have fiber, which helps to keep you regular.



Poached Pears With Cider Sauce

Ingredients:

3 cups apple cider
1 teaspoon cinnamon
2 slices fresh ginger root
4 pears, cored and chopped
1 teaspoon mint leaves (optional)

Directions:

1. In a large pot over medium heat, bring the cider, cinnamon and ginger to a boil.
2. Add the pears and cook for about 15 minutes. Remove pears.
3. Raise heat to high and cook liquid until it thickens.
4. Pour liquid over pears and add mint leaves.
5. Serve and enjoy!
6. Refrigerate leftovers.

Makes 6 servings. Adapted from *The Angelica Home Kitchen* by Leslie McEachern.

Pear Chutney

Ingredients:

4 pears, cored and finely sliced
1 onion, chopped
2 teaspoons honey
1/2 cup white wine vinegar
1 cinnamon stick
1 small bay leaf
Salt and black pepper to taste

Directions:

1. In a large pot, combine all ingredients over medium heat and bring to a boil.
2. Reduce heat to low and cook for 10 minutes or until the pears turn soft and the mixture thickens.
3. Let cool, serve and enjoy!
4. Refrigerate leftovers.

Makes 4 servings. Adapted from **foodandwine.com**.

Quick Tips

- Chop pears and add to a tossed salad.
- Layer pear slices on cheese and crackers.
- Try sliced pears on a peanut butter sandwich.

Kids can:

- Rinse pears.
- Chop pears with a plastic knife.

梨子

- 挑选梨梗周围稍软、无碰伤的梨子。
- 可冷藏存放最长 5 天。
- 食用之前，清洗干净。
- 梨子含膳食纤维，有助于保持排便通畅。



西打蜜汁梨

食材：

- 3 杯苹果西打
- 1 茶匙肉桂
- 2 片新鲜生姜
- 4 个梨子，去核切碎
- 1 茶匙薄荷叶（可不加）

做法：

1. 大锅置中火上，加入苹果西打、肉桂和生姜，煮至沸腾。
2. 加入梨子，煮约 15 分钟。舀出梨子。
3. 开大火，煮至汤汁变稠为止。
4. 将汤汁浇在梨子上，再放几片薄荷叶。
5. 装盘即可享用！
6. 如未食完，冷藏保存。

可做 6 人份。 改编自 Leslie McEachern 的 *The Angelica Home Kitchen*。

梨子甜酸酱

食材：

- 4 个梨子，去核并切薄片
- 1 个洋葱，切碎
- 2 茶匙蜂蜜
- 1/2 杯白葡萄酒醋
- 1 根肉桂棒
- 1 片小月桂叶
- 适量盐和黑胡椒粉

做法：

1. 在大锅中混合所有食材，中火加热至沸腾。
2. 转小火，煮 10 分钟或至梨子变软且汤汁变稠为止。
3. 冷却后食用，享受美味！
4. 如未食完，冷藏保存。

可做 4 人份。 改编自 foodandwine.com。

小贴士

- 切碎的梨子可加入拌沙拉中。
- 可将梨子片铺在奶酪和饼干上。
- 不妨试试在花生酱三明治中加入梨子片。

孩子们可以：

- 清洗梨子。
- 使用塑料刀切梨子。

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Just Say Yes to Fruits and Vegetables



Peppers

- Choose firm peppers with no soft spots.
- Refrigerate peppers for up to 10 days.
- Before eating, rinse and remove the stem, core and seeds.
- Peppers have vitamin C, which is good for fighting colds and healing cuts.



Bell Pepper and White Bean Salad

Ingredients:

3 cups chopped arugula or spinach leaves
1 cup chopped red bell pepper
1/3 cup sliced red onion
1 1/2 cups cooked or 1 can (15 1/2 ounces) white beans, rinsed and drained
1 1/2 tablespoons balsamic vinegar, or other vinegar
1 tablespoon vegetable oil
1 garlic clove, minced
Salt and black pepper to taste

Directions:

1. In a large bowl, combine arugula (or spinach), peppers, red onion and white beans.
2. To make dressing, mix vinegar, oil, garlic, salt and black pepper in a small bowl.
3. Pour dressing over salad and mix well.
4. Serve and enjoy!
5. Refrigerate leftovers.

Makes 6 servings. Adapted from cookinglight.com.

Pepper and Tomato Stew

Ingredients:

1 tablespoon vegetable oil
1 cup chopped onion
3 garlic cloves, sliced
5 cups chopped tomatoes
5 cups chopped yellow and red bell peppers
2 teaspoons paprika
1/4 teaspoon red pepper flakes (optional)
Salt and black pepper to taste

Directions:

1. In a large pot, heat oil over medium heat.
2. Add onion and garlic and cook until soft, about 5 minutes. Stir often.
3. Add tomatoes, peppers, paprika and red pepper flakes, and stir. Cook until peppers are soft, about 20 minutes.
4. Serve hot and enjoy!
5. Refrigerate leftovers.

Makes 6 servings. Adapted from *Vegetarian Cooking for Everyone* by Deborah Madison.

Quick Tips

- Peppers can be eaten raw. Cut into strips and eat plain or with a low-fat dip.
- To roast peppers, place in a dry pan and cook over medium-high heat until skins darken. Place in a covered bowl for 5 minutes. Remove seeds and chop.
- Add chopped peppers to pasta sauce or rice dishes.

Kids can:

- Rinse peppers before using.
- Help remove the seeds with a spoon.

辣椒



- 挑选质脆且无软斑点的辣椒。
- 辣椒可冷藏存放最长 10 天。
- 食用之前，清洗干净，并去除蒂、核和籽。
- 辣椒含维生素 C，能帮助预防感冒和促进伤口愈合。

灯笼椒白豆沙拉

食材：

- 3 杯切碎的芝麻菜或菠菜叶
- 1 杯切碎的红灯笼椒
- 1/3 杯切片的红洋葱
- 1 1/2 杯煮熟的白豆或 1 罐 (15 1/2 盎司) 白豆，洗净沥干
- 1 1/2 汤匙香醋或其他醋
- 1 汤匙植物油
- 1 个大蒜瓣，剁碎
- 调适量盐和黑胡椒粉

做法：

1. 取大碗，混合芝麻菜（或菠菜）、灯笼椒、红洋葱和白豆。
2. 另取小碗，混合醋、油、大蒜、盐和黑胡椒粉，制成酱汁。
3. 将酱汁浇到沙拉上，混合均匀。
4. 装盘即可享用！
5. 如未食完，冷藏保存。

可做 6 人份。改编自 cookinglight.com。

炖辣椒和番茄

食材：

- 1 汤匙植物油
- 1 杯切碎的洋葱
- 3 个大蒜瓣，切片
- 5 杯切碎的番茄
- 5 杯切碎的黄灯笼椒和红灯笼椒
- 2 茶匙西班牙辣椒粉
- 1/4 茶匙红辣椒碎片（可不加）
- 适量盐和黑胡椒粉

做法：

1. 中火加热大锅中的油。
2. 加入洋葱和大蒜，炒约 5 分钟，至变软为止。期间不断翻炒。
3. 加入番茄、辣椒、西班牙辣椒粉和红辣椒碎片，翻炒片刻。煮约 20 分钟，至辣椒变软为止。
4. 装盘趁热享用！
5. 如未食完，冷藏保存。

可做 6 人份。改编自 Deborah Madison 的 *Vegetarian Cooking for Everyone*。

小贴士

- 辣椒可以生食。切成条的辣椒可直接吃或蘸低脂酱吃。
- 烤辣椒时，可将其放入干燥的锅中，以中大火加热，至表皮颜色变暗为止。放入带盖碗中 5 分钟。去籽并切碎。
- 将切碎的辣椒加入意大利面酱或米饭中。

孩子们可以：

- 在使用之前，清洗辣椒。
- 帮忙用勺子去籽。

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Just Say Yes to Fruits and Vegetables



Plums

- Choose plums that are slightly soft to the touch.
- Store unripe plums on the counter at room temperature. Store ripe plums in the refrigerator for several days.
- Plums are sweeter and juicier at room temperature.
- Plums have vitamin K, which helps to heal cuts and build bones.



Spiced Plums

Ingredients:

6 black or red plums, chopped
1 tablespoon honey
3/4 teaspoon cinnamon
1/2 teaspoon allspice (optional)

Directions:

1. In a medium pot over high heat combine plums, honey, cinnamon and allspice.
2. Bring to a boil, then reduce heat and cover. Cook for 10 minutes, stirring often.
3. Remove cover and cook 5 more minutes, or until plums thicken.
4. Serve and enjoy!
5. Refrigerate leftovers.

Makes 6 servings. Adapted from theveggieclub.wordpress.com.

Plum Cucumber Salad

Ingredients:

6 black or red plums, diced
1 1/2 cups diced cucumbers
1/2 red onion, diced
1 red bell pepper, diced
1/4 cup chopped cilantro (optional)
2 tablespoons balsamic vinegar, or other vinegar
1 tablespoon vegetable oil
Salt and black pepper to taste

Directions:

1. In a large bowl, combine plums, cucumber, onion, bell pepper and cilantro.
2. To make dressing, whisk vinegar, oil, salt and black pepper in a small bowl.
3. Add dressing to the large bowl and toss well.
4. Serve and enjoy!
5. Refrigerate leftovers.

Makes 6 servings. Adapted from finecooking.com.

Quick Tips

- Different types of plums can be used in place of another in recipes. Try new colors and shapes!
- Plums can be frozen. Rinse, dry and remove the pit before freezing.
- Do not let bruised plums go to waste! Add them to a blender along with banana and yogurt for a delicious smoothie.

Kids can:

- Rinse plums before using and eating.
- Help shop for different kinds of plums at the market.

李子



- 挑选手感稍软的李子。
- 将未熟李子放于台面，置于室温下存放。成熟的李子可在冰箱内存放数天时间。
- 室温存放的李子更甜更多汁。
- 李子含维生素 K，能帮助促进伤口愈合和强健骨骼。

风味李子

食材：

- 6 颗黑李子或红李子，切碎
- 1 汤匙蜂蜜
- 3/4 茶匙肉桂
- 1/2 茶匙多香果粉（可不加）

做法：

1. 在中锅中，以大火烹煮李子、蜂蜜、肉桂和多香果粉。
2. 煮至沸腾，然后转小火并加盖。煮 10 分钟，期间不断搅拌。
3. 揭盖再煮 5 分钟或至李子汤汁变稠为止。
4. 装盘即可享用！
5. 如未食完，冷藏保存。

可做 6 人份。改编自 theveggieclub.wordpress.com。

李子黄瓜沙拉

食材：

- 6 颗黑李子或红李子，切丁
- 1 1/2 杯切丁的黄瓜
- 1/2 个红洋葱，切丁
- 1 个红灯笼椒，切丁
- 1/4 杯切碎的香菜叶（可不加）
- 2 汤匙香醋或其他醋
- 1 汤匙植物油
- 适量盐和黑胡椒粉

做法：

1. 取大碗，混合李子、黄瓜、洋葱、灯笼椒和香菜。
2. 另取小碗，混合醋、油、盐和黑胡椒粉，制成酱汁。
3. 将酱汁放入大碗中，搅拌均匀。
4. 装盘即可享用！
5. 如未食完，冷藏保存。

可做 6 人份。改编自 finecooking.com。

小贴士

- 可在食谱中换用不同种类的李子。不妨试试不同颜色和形状的差别！
- 李子可以冷冻。冷冻之前，清洗干净、沥干并去核。
- 别扔碰伤的李子！可将其与香蕉和酸奶一起放入搅拌器，以制作美味冰沙。

孩子们可以：

- 在使用和食用之前，清洗李子。
- 帮忙在市场上选购不同类型的李子。

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Just Say Yes to Fruits and Vegetables



Potatoes

- Choose potatoes that are firm and have no green spots.
- To keep potatoes and onions from spoiling too quickly, keep them separate and store in a cool, dry place for up to 2 weeks. Skins are delicious and nutritious. Just scrub and rinse well before preparing.
- Potatoes have potassium, which is good for your heart.



Smashed Potatoes With Kale

Ingredients:

1 tablespoon vegetable oil
5 garlic cloves, minced
6 cups diced potatoes
6 cups diced kale
3 tablespoons chopped
scallions, whites and greens
1/4 teaspoon red pepper flakes
Salt and black pepper to taste

Directions:

1. In a large frying pan, heat oil over medium heat.
2. Add garlic and scallion whites. Cook for 2 minutes, stirring often.
3. Add potatoes and cook for 5 minutes.
4. Add kale and cook for 5 more minutes.
5. Add 1 cup of water, cover and cook 5 more minutes.
6. Mash potatoes and kale until smooth.
7. Add scallion greens, red pepper flakes, salt and black pepper to taste.
8. Serve hot and enjoy!
9. Refrigerate leftovers.

Makes 8 servings. Submitted by Beth Bainbridge, Stellar Farmers Markets.

Pan-Roasted Potatoes

Ingredients:

2 tablespoons vegetable oil
1/2 teaspoon salt
4 to 5 potatoes, cut into even pieces
1 tablespoon fresh basil, thyme, parsley or oregano, minced (optional)

Directions:

1. In a large frying pan, heat oil and salt over medium-high heat. Add potatoes in a single layer, cut side down.
2. Cook for 10 minutes, uncovered. Do not stir!
3. When potatoes turn brown, turn heat to low, cover and cook until potatoes are soft, about 15 minutes.
4. Add fresh herbs and toss to mix.
5. Serve hot and enjoy!
6. Refrigerate leftovers.

Makes 5 servings. Adapted from food52.com.

Quick Tips

- Add potatoes to a soup or stew.
- Eat the potato skin to get more fiber and potassium.
- Cover raw, cut potatoes completely with cold water to keep from turning brown. Store in the refrigerator and use within 24 hours.

Kids can:

- Choose potatoes that are smooth, with few flaws on the skins.

土豆

- 挑选无绿斑的硬土豆。
- 为免土豆和洋葱过快变坏，应分开置于阴凉干燥处，可存放最长 2 周。土豆皮美味又营养。备餐之前，只需擦洗并冲洗干净即可。
- 土豆含钾，对心脏有益。



羽衣甘蓝土豆泥

食材：

- 1 汤匙植物油
- 5 个大蒜瓣，剁碎
- 6 杯切丁的土豆
- 6 杯切丁的羽衣甘蓝
- 3 汤匙切碎的青葱，葱白和葱叶分开
- 1/4 茶匙红辣椒碎片
- 适量盐和黑胡椒粉

做法：

1. 中火加热大煎锅中的油。
2. 加入蒜和葱白，炒 2 分钟，期间不断翻炒。
3. 加入土豆，炒 5 分钟。
4. 加入羽衣甘蓝再炒 5 分钟。
5. 加入 1 杯水，加盖再煮 5 分钟。
6. 捣碎土豆和羽衣甘蓝，至变柔和为止。
7. 加入葱叶、红辣椒碎片、盐和黑胡椒粉调味。
8. 装盘趁热享用！
9. 如未食完，冷藏保存。

可做 8 人份。由 Stellar Farmers Markets 的 Beth Bainbridge 提供。

香烤土豆

食材：

- 2 汤匙植物油
- 1/2 茶匙盐
- 4 到 5 个土豆，均匀切块
- 1 汤匙新鲜罗勒、百里香、欧芹或牛至（可不加）

做法：

1. 中大火加热大煎锅中的油和盐。土豆平铺于锅中，切面朝下。
2. 开盖煎 10 分钟。切勿搅动！
3. 土豆煎至金黄，再转小火，加盖煎约 15 分钟，至土豆变软为止。
4. 加入新鲜香草，搅拌均匀。
5. 装盘趁热享用！
6. 如未食完，冷藏保存。

可做 5 人份。改编自 food52.com。

小贴士

- 可将土豆加入汤或炖菜中。
- 吃土豆皮可摄入更多膳食纤维和钾。
- 切好的生土豆应加冷水完全没过，以免变色。存放在冰箱中，然后于 24 小时内食用。

孩子们可以：

- 挑选表皮光滑且少坑包的土豆。

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Just Say Yes to Fruits and Vegetables



Pumpkin

- Choose pumpkins with bright orange skin and no spots.
- Store in a cool, dry place for up to 1 month.
- Before cooking, rinse, cut in half, remove seeds and cut into small pieces. Boil or roast until pieces are tender, about 10 to 20 minutes.
- Pumpkin has vitamin A, which is good for your eyes and skin.



Curried Pumpkin and Potato

Ingredients:

1 tablespoon vegetable oil
1 onion, sliced
1 garlic clove, chopped
2 1/2 teaspoons curry powder
1 pumpkin or any winter squash, chopped
2 potatoes, chopped
3/4 cup raisins
Salt and black pepper to taste
Chopped fresh cilantro, to taste (optional)

Directions:

1. In a medium pot, heat oil over medium heat.
2. Add onion and cook for 5 minutes. Add garlic and cook for 1 more minute.
3. Add curry powder, pumpkin, potatoes, salt and black pepper. Cook for 5 minutes, stirring often.
4. Add 1 1/2 cups of water and raisins. Cover and cook until the pumpkin and potatoes are soft, 5 to 10 minutes.
5. Add cilantro. Serve and enjoy!
6. Refrigerate leftovers.

Makes 6 servings. Adapted from countryliving.com.

Pumpkin Sage Soup

Ingredients:

1 tablespoon vegetable oil
2 cups chopped onion
2 tablespoons chopped parsley
2 tablespoons chopped sage
4 cups diced pumpkin
3 garlic cloves
Salt and black pepper to taste

Directions:

1. In a large pot, heat over medium heat.
2. Add onion, parsley and sage and cook until onion is soft, about 6 to 8 minutes. Stir often.
3. Add pumpkin and garlic and cook 2 minutes.
4. Add 3 cups of water. Cover and cook until pumpkin is tender, about 12 to 15 minutes.
5. Puree in a blender, adding extra water as needed. Add salt and black pepper to taste.
6. Return to pot to reheat or enjoy at room temperature.
7. Refrigerate leftovers.

Makes 6 servings. Adapted from bonappetit.com.

Quick Tips

- Puree cooked pumpkin and add to pancake batter.
- Scoop out seeds from the pumpkin and rinse. Salt seeds lightly and bake at 350 degrees Fahrenheit for 15 minutes.
- Pumpkin is a type of winter squash. Any type of winter squash can be used in place of another.

Kids can:

- Scoop out and rinse pumpkin seeds for baking.
- Measure and add ingredients to recipes.

南瓜



- 挑选表皮亮黄且无斑点的南瓜。
- 置于阴凉干燥处，可存放最长 1 个月。
- 烹饪之前，清洗干净，切成两半，去籽，再切成小块。
南瓜块应煮或烤约 10 至 20 分钟，至变软为止。
- 南瓜含维生素 A，对眼睛和皮肤有益。

咖喱南瓜土豆

食材：

- 1 汤匙植物油
- 1 个洋葱，切片
- 1 个大蒜瓣，切碎
- 2 1/2 茶匙咖喱粉
- 1 个南瓜或任何冬南瓜，切碎
- 2 个土豆，切碎
- 3/4 杯葡萄干
- 调味用盐和黑胡椒粉
- 切碎的新鲜香菜，用于调味
(可不加)

做法：

1. 中火加热中锅中的油。
2. 加入洋葱，炒 5 分钟。加入大蒜，再炒 1 分钟。
3. 加入咖喱粉、南瓜、土豆、盐和黑胡椒粉。炒 5 分钟，期间不断翻炒。
4. 加入 1 1/2 杯水和葡萄干。加盖煮约 5 至 10 分钟，至南瓜和土豆变软为止。
5. 撒上香菜。装盘即可享用！
6. 如未食完，冷藏保存。

可做 6 人份。改编自 countryliving.com。

南瓜鼠尾草汤

食材：

- 1 汤匙植物油
- 2 杯切碎的洋葱
- 2 汤匙切碎的欧芹
- 2 汤匙切碎的鼠尾草
- 4 杯切丁的南瓜或西印度南瓜
- 3 个大蒜瓣
- 适量盐和黑胡椒粉

做法：

1. 中火加热大锅。
2. 加入洋葱、欧芹和鼠尾草，炒约 6 至 8 分钟，至洋葱变软为止。期间不断翻炒。
3. 加入南瓜和大蒜，炒 2 分钟。
4. 加入 3 杯水。加盖煮约 12 至 15 分钟，至南瓜变软为止。
5. 使用搅拌器打成泥，可视需要多加一点水。
撒上适量盐和黑胡椒粉。
6. 倒回锅里重新加热或在室温环境下食用。
7. 如未食完，冷藏保存。

6 份量。改编自 bonappetit.com。

小贴士

- 可将煮熟的南瓜打成泥，并加入煎饼面糊中。
- 舀出南瓜籽，清洗干净。在籽中加少许盐，以 350°F 的温度下烤 15 分钟。
- 南瓜是一种冬南瓜。可替换为任何类型的冬南瓜。

孩子们可以：

- 舀出南瓜籽并清洗干净，以供烘烤。
- 计算分量，然后将食材加入菜肴中。

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Just Say Yes to Fruits and Vegetables



Radishes

- Choose firm radishes with smooth skins and no bruises. If the greens are attached, they should not be wilted.
- Remove greens and store unwashed radishes in the refrigerator for up to 2 weeks. Refrigerate radish greens in a damp paper towel for up to 3 days.
- Radishes and radish greens can be eaten raw or cooked.
- Radishes have vitamin C, which is good for fighting colds and healing cuts.



Radish Stir-Fry With Sugar Snap Peas

Ingredients:

1 tablespoon vegetable oil
1/2 cup diced shallots
3 cups chopped sugar snap peas
2 cups sliced radishes
1/4 cup orange juice
2 tablespoons chopped fresh dill
Salt and black pepper to taste

Directions:

1. In a large pan, heat oil over medium heat.
2. Add shallots and cook until soft, about 3 minutes.
3. Add snap peas and cook 3 minutes. Add radishes and cook 3 more minutes. Stir.
4. Add orange juice and dill.
5. Add salt and black pepper to taste.
6. Mix well. Serve and enjoy!
7. Refrigerate leftovers.

Makes 4 servings. Adapted from smittenkitchen.com.

Rita's Pickled Radishes

Ingredients:

2 cups thinly sliced radishes
1/2 teaspoon salt
1 tablespoon honey
1 cup lime juice (4 limes)
1 tablespoon chopped mint
or cilantro (optional)

Directions:

1. In a small bowl, sprinkle sliced radishes with salt. Set aside.
2. To make dressing, combine honey, lime juice and herbs (if using) in a small bowl and mix.
3. Pour dressing over radishes.
4. Cover and set aside at room temperature for 20 to 30 minutes.
5. Drain liquid before serving.
6. Enjoy or refrigerate and serve cold!
7. Refrigerate leftovers.

Makes 8 servings. Submitted by Rita Khatun, Stellar Farmers Markets .

Quick Tips

- Radishes can be boiled, baked, steamed or roasted.
- Combine grated radishes and zucchini with lime juice to make a delicious slaw for tacos.
- 1 bunch of radishes gives you about 2 1/2 cups of sliced radishes.

Kids can:

- Break off radish greens.
- Scrub radishes before preparing.

水萝卜

- 挑选表皮光滑且无碰伤的脆质水萝卜。如带叶子，则确保叶子未枯萎。
- 摘掉叶子，将未洗的水萝卜放在冰箱内可存放最长 2 周。使用湿纸巾包裹水萝卜叶子，可冷藏存放最长 3 天。
- 水萝卜及其叶子可以生食或煮熟食用。
- 水萝卜含维生素 C，能帮助预防感冒和促进伤口愈合。



甜豆炒水萝卜

食材：

- 1 汤匙植物油
- 1/2 杯切丁的火葱
- 3 杯切碎的甜豆
- 2 杯切片的水萝卜
- 1/4 杯橙汁
- 2 汤匙切碎的新鲜莳萝
- 适量盐和黑胡椒粉

做法：

1. 中火加热大锅中的油。
2. 加入火葱，炒约 3 分钟，至变软为止。
3. 加入蜜豆，炒 3 分钟。加入水萝卜，再炒 3 分钟。翻炒。
4. 加入橙汁和莳萝。
5. 撒上适量盐和黑胡椒粉。
6. 混合均匀。装盘即可享用！
7. 如未食完，冷藏保存。

可做 4 人份。改编自 smittenkitchen.com。

Rita 秘制腌萝卜

食材：

- 2 杯切薄片的水萝卜
- 1/2 茶匙盐
- 1 汤匙蜂蜜
- 1 杯酸橙汁（4 个酸橙）
- 1 汤匙切碎的薄荷或香菜（可不加）

做法：

1. 取小碗，在水萝卜切片上撒点盐。放一边备用。
2. 另取小碗，混合蜂蜜、酸橙汁和香草（如果使用），搅拌均匀，制成酱汁。
3. 将酱汁浇在水萝卜上。
4. 加盖室温放置 20 至 30 分钟。
5. 装盘之前，沥干水分。
6. 立即食用或冷藏后食用！
7. 如未食完，冷藏保存。

可做 8 人份。由 Stellar Farmers Markets 的 Rita Khatun 提供。

小贴士

- 水萝卜可煮、烘、蒸或烤着吃。
- 刨丝的水萝卜和绿皮西葫芦可与酸橙汁混合，以制作墨西哥卷饼中可用的美味可口的蔬菜沙拉。
- 1 捆水萝卜可切出约 2 1/2 杯水萝卜片。

孩子们可以：

- 摘下水萝卜叶子。
- 在备餐之前，擦洗水萝卜。

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Just Say Yes to Fruits and Vegetables



Red Beans

- Before cooking dried beans, remove pebbles and any shriveled beans. Soak for at least 8 hours.
- For a quicker prep time, cover dried beans in cold water and bring to a boil. Turn off heat and allow beans to soak for 1 to 2 hours. Drain, rinse and cover with fresh water. Simmer for 1 to 2 hours, or until soft.
- Beans are an affordable source of protein and fiber.
- Kidney beans or pink beans can be substituted for red beans.



Habichuelas Criollas (Bean Stew)

Ingredients:

- 1 tablespoon vegetable oil
- 1 tablespoon sofrito seasoning (see Spice Blends for recipe or use store-bought)
- 1 1/2 cups cooked or 1 can (15.5 ounces) red beans, drained and rinsed
- 4 tablespoons tomato paste
- 1 1/2 teaspoons sazón seasoning (see Spice Blends for recipe or use store-bought)
- 1 1/2 teaspoons adobo seasoning (see Spice Blends for recipe or use store-bought)
- 1/2 teaspoon garlic powder
- 3 cups water
- 1 cup diced pumpkin or a small winter squash
- 1 small potato, diced
- 1 tablespoon chopped green olives
- 1 bay leaf
- 1/4 cup chopped fresh cilantro
- Salt and black pepper to taste

Directions:

1. In a medium pot, heat the oil over low heat.
2. Add the sofrito and cook for 2 minutes.
3. Add the beans, tomato paste, sazón, adobo, garlic powder and water, and stir. Increase the heat to medium. Cook for 5 minutes.
4. Add the pumpkin, potato, olives and bay leaf. Increase the heat to high and bring the mixture to a boil.
5. Reduce the heat to low. Cover the pan and simmer for about 20 minutes until the pumpkin is cooked, adding more water if needed.
6. Remove from heat, add the cilantro and season with salt and black pepper to taste.
7. Serve warm and enjoy!
8. Refrigerate any leftovers.

Makes 6 servings. Adapted from *Vegan Boricua Cookbook* by Rhonitta Chance.

Quick Tips

- 1 pound of dried beans (2 cups) equals 5 to 6 cups of cooked beans.
- Canned beans can replace cooked or dried beans in any recipe.
- Dried beans can be kept in an airtight container for up to 1 year.

Kids can:

- Help sort through dried beans before soaking.
- Help mash beans with a fork.

红豆

- 在烹煮干豆之前，先将小石子和干瘪的豆子挑出来。浸泡至少 8 小时。
- 如果想缩短准备时间，可用冷水煮沸干豆。关火，让豆子浸泡 1 至 2 小时。沥干，冲洗并加入清水。炖煮 1 至 2 小时，或煮到豆子变软。
- 豆类是经济实惠的蛋白质和纤维来源。
- 可用红腰豆或粉色豆代替红豆。



Habichuelas Criollas (炖豆)

配料：

- 1 汤匙植物油
- 1 汤匙 Sofrito 调味料（配方详见“香料混合调料”或使用从商店购买的调料）
- 1 1/2 杯熟红豆或 1 罐（15.5 盎司）生红豆，沥干并洗净
- 4 汤匙番茄酱
- 1 1/2 茶匙 Sazón 调味料（配方详见“香料混合调料”或使用从商店购买的调料）
- 1 1/2 茶匙 Adobo 调味料（配方详见“香料混合调料”或使用从商店购买的调料）
- 1/2 茶匙大蒜粉
- 3 杯水
- 1 杯南瓜丁或小冬瓜丁
- 1 个小土豆，切丁
- 1 汤匙绿橄榄菜末
- 1 片月桂叶
- 1/4 杯新鲜香菜末
- 适量的盐和黑胡椒粉

做法：

1. 在中号锅里倒入油，小火加热。
2. 加入 Sofrito 调味料，炒 2 分钟。
3. 加入豆子、番茄酱、sazón、adobo、大蒜粉和水，然后翻炒。转中火。煮 5 分钟。
4. 加入南瓜、土豆、橄榄和月桂叶。转大火，将混合物煮沸。
5. 转小火。盖上锅盖，炖煮约 20 分钟，直到南瓜煮熟，如果需要的话，可以多加一些水。
6. 起锅，撒上香菜、适量的盐和黑胡椒粉。
7. 装盘趁热享用！
8. 如未食完，冷藏保存。

可做 6 人份。 改编自 Rhonitta Chance 的《Vegan Boricua Cookbook》。

小贴士

- 1 磅干豆（2 杯），相当于 5 到 6 杯熟豆。
- 罐装豆可以代替任何食谱中的熟豆或干豆。
- 干豆可以放在密封容器中保存 1 年。

孩子们可以：

- 帮忙将干豆挑出来，然后浸泡。
- 帮忙用刀叉捣碎豆子。

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Just Say Yes to Fruits and Vegetables



Spice Blends



Adobo

Ingredients:

2 tablespoons garlic powder
2 teaspoons turmeric
1 teaspoon cumin
1/2 teaspoon salt
1/2 teaspoon black pepper
1/2 teaspoon oregano

Directions:

1. Mix all spices together.
2. Store in an airtight container.

Makes about 1/4 cup.

Adapted from *Vegan Boricua Cookbook* by Rhonitta Chance.

Sazón

Ingredients:

1 tablespoon coriander
1 tablespoon cumin
2 tablespoons achiote powder
or ground annatto seeds
1 tablespoon garlic powder
2 teaspoons dried oregano
2 teaspoons onion powder

Directions:

1. Mix all spices together.
2. Store in an airtight container.

Makes about 1/3 cup. Adapted from *Vegan Boricua Cookbook* by Rhonitta Chance.

Sofrito

Ingredients:

1 small yellow onion, diced
1 small green bell pepper, diced
1 ají dulce pepper or 1/4 orange
bell pepper,* diced
3 cloves of garlic, chopped
1 tablespoon chopped cilantro
Pinch of salt

Directions:

1. Mince all ingredients and combine. If possible, mix all ingredients in a food processor.
2. Store in an airtight container and refrigerate remaining sofrito for up to 1 week.
3. Remaining sofrito can be frozen and saved for use in other dishes.

Makes about 1 cup. Adapted from *Vegan Boricua Cookbook* by Rhonitta Chance.

*If using an orange bell pepper, add 1/4 teaspoon paprika

Quick Tips

- You can use these spice blends for the Habichuelas Criollas (Bean Stew) recipe.
- Homemade spice blends can be a great alternative to spice blends sold in stores, which may have added salt.

香料混合调料



Adobo

配料：

- 2 汤匙大蒜粉
- 2 茶匙姜黄粉
- 1 茶匙孜然
- 1/2 茶匙盐
- 1/2 茶匙黑胡椒粉
- 1/2 茶匙牛至

做法：

1. 将所有香料混合在一起。
2. 储存在密封的容器中。

大约可做 1/4 杯。

改编自 Rhonitta Chance 的《Vegan Boricua Cookbook》。

Sazón

配料：

- 1 汤匙香菜
- 1 汤匙孜然
- 2 汤匙胭脂树粉或安纳托籽粉
- 1 汤匙大蒜粉
- 2 茶匙干牛至
- 2 茶匙洋葱粉

做法：

1. 将所有香料混合在一起。
2. 储存在密封的容器中。

大约可做 1/3 杯。改编自 Rhonitta Chance 的《Vegan Boricua Cookbook》。

Sofrito

配料：

- 1 个小黄洋葱，切丁
- 1 个小青甜椒，切丁
- 1 个红椒或 1/4 个橙色甜椒*，切丁
- 3 瓣大蒜，切碎
- 1 汤匙香菜末
- 一小撮盐

*如果使用橙色甜椒，加 1/4 茶匙辣椒粉

做法：

1. 将所有配料切碎并混合。如果可能的话，使用食品加工器搅拌所有配料。
2. 储存在密封的容器中，剩余的 sofrito 可以冷藏存放长达 1 周。
3. 剩余的 sofrito 可以冷冻保存，以备将来烹制其他菜肴时使用。

大约可做 1 杯的量。改编自 Rhonitta Chance 的《Vegan Boricua Cookbook》。

小贴士

- 您可以在 Habichuelas Criollas（炖豆）食谱中使用这些香料混合调料。
- 自制的香料混合调料可以代替购买的香料混合调料，后者可能含有添加盐。

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Just Say Yes to Fruits and Vegetables

NYC Health

Spinach

- Choose spinach with crisp, dark green leaves.
- Wrap spinach in a paper towel or clean cotton dish towel. Place in a plastic bag and refrigerate for up to 7 days.
- Before eating, put leaves in a bowl of cold water and rinse well to wash away all the dirt.
- Spinach has vitamin A, which is good for your eyes and skin.



Fruit and Spinach Salad

Ingredients:

4 cups fresh spinach, stems removed and torn
1 cup sliced strawberries
1 cup raisins
2 tablespoons vegetable oil
1 tablespoon lemon juice
Salt and black pepper to taste

Directions:

1. In a large bowl, combine spinach, strawberries and raisins. Toss gently.
2. To make dressing, combine oil and lemon juice in a small bowl. Mix well.
3. Pour dressing on top of spinach mixture. Add salt and black pepper to taste.
4. Toss well and serve. Enjoy!
5. Refrigerate leftovers.

Makes 4 servings. Adapted from cityharvest.org.

Spinach and Beans

Ingredients:

2 tablespoons vegetable oil
1 onion, chopped
2 garlic cloves, minced
3 1/2 cups cooked Great Northern beans
6 cups fresh spinach, stems removed
1 tablespoon vinegar
Salt and black pepper to taste

Directions:

1. In a large frying pan, heat oil over medium heat.
2. Add onion and cook for 2 minutes, stirring often.
3. Add garlic and cook 1 minute.
4. Add beans and cook until hot, about 3 minutes.
5. Add spinach in small batches and vinegar, stirring often until spinach is wilted, about 3 minutes.
6. Season with salt and black pepper and serve. Enjoy!
7. Refrigerate leftovers.

Makes 6 servings.

Quick Tips

- Add spinach to a soup, rice or pasta dish.
- Add raw spinach to a salad or smoothie for extra nutrients and flavor.

Kids can:

- Place spinach leaves in a bowl of water and move them around to wash.
- Tear spinach leaves and add to a soup or smoothie.

菠菜

- 挑选茎嫩且带深绿色叶子的菠菜。
- 使用纸巾或干净的棉质洗碗巾包裹菠菜。装入塑料袋内可冷藏存放最长 7 天。
- 食用之前，将叶子放入盛有冷水的碗中清洗，洗掉所有泥沙。
- 菠菜含维生素 A，对眼睛和皮肤有益。



水果菠菜沙拉

食材：

- 4 杯新鲜菠菜，去茎撕碎
- 1 杯切片的草莓
- 1 杯葡萄干
- 2 汤匙植物油
- 1 汤匙柠檬汁
- 适量盐和黑胡椒粉

做法：

1. 取大碗，混合菠菜、草莓和葡萄干。轻轻搅拌。
2. 另取小碗，混合油和柠檬汁，制成酱汁。混合均匀。
3. 将酱汁浇到菠菜什锦上面。撒上适量盐和黑胡椒粉。
4. 搅拌均匀即可食用。享受美味！
5. 如未食完，冷藏保存。

可做 4 人份。改编自 cityharvest.org。

豆子菠菜

食材：

- 2 汤匙植物油
- 1 个洋葱，切碎
- 2 个大蒜瓣，剁碎
- 3 1/2 杯煮熟的白芸豆
- 6 杯新鲜菠菜，去茎
- 1 汤匙醋
- 适量盐和黑胡椒粉

做法：

1. 中火加热大煎锅中的油。
2. 加入洋葱，炒 2 分钟，期间不断翻炒。
3. 加入大蒜，炒 1 分钟。
4. 加入豆子，煮约 3 分钟，至变热为止。
5. 少量分批加入菠菜和醋，翻炒约 3 分钟，至菠菜变软为止。
6. 撒上适量盐和黑胡椒粉，装盘食用。享受美味！
7. 如未食完，冷藏保存。

可做 6 人份。

小贴士

- 可将菠菜加入汤、米饭或意大利面中。
- 生菠菜还可加入沙拉或冰沙中，以增加营养和风味。

孩子们可以：

- 将菠菜叶放入盛有水的碗中搓洗，以洗掉泥沙。
- 撕碎菠菜叶，并加入汤或冰沙中。

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Just Say Yes to Fruits and Vegetables



Strawberries

- Choose strawberries that are bright, red and firm.
- Refrigerate strawberries, unwashed, for up to 7 days. Rinse and remove stems before eating.
- Strawberries have vitamin C, which is good for fighting colds and healing cuts.



Strawberry-Basil Sauce

Ingredients:

4 cups chopped strawberries
2 tablespoons honey
2 tablespoons lemon juice
1/4 cup sliced fresh basil

Directions:

1. In a large pot, heat strawberries over medium heat.
2. Cook until strawberries are soft, about 4 minutes.
3. Add honey and lemon juice and stir. Cook for 8 to 10 minutes.
4. Turn off heat, add basil and stir well.
5. Serve hot or chilled.
6. Refrigerate leftovers.

Makes 8 servings. Adapted from marthastewart.com.

Strawberry Pepper Salsa

Ingredients:

2 cups chopped strawberries
1/2 red onion, thinly sliced
1 jalapeño pepper, diced
1/2 red bell pepper, chopped
1/2 green bell pepper, chopped
1/2 orange bell pepper, chopped
2 tablespoons lemon juice
1 tablespoon vegetable oil
Salt, black pepper and cilantro to taste

Directions:

1. In a medium bowl, combine all ingredients and mix well.
2. Serve and enjoy!
3. Refrigerate leftovers.

Makes 6 servings. Adapted from yummly.com.

Quick Tips

- Top hot or cold cereal with chopped strawberries.
- Mix strawberries with yogurt or cottage cheese.
- Blend strawberries with yogurt, honey and orange juice for a fruit smoothie.

Kids can:

- Take off the green tops from strawberries.
- Rinse strawberries before eating.

草莓

- 挑选鲜红饱满的草莓。
- 未清洗的草莓可冷藏存放最长 7 天。食用之前，清洗并摘掉茎。
- 草莓含维生素 C，能帮助预防感冒和促进伤口愈合。



草莓罗勒酱

食材：

- 4 杯切碎的草莓
- 2 汤匙蜂蜜
- 2 汤匙柠檬汁
- 1/4 杯切片的新鲜罗勒

做法：

1. 在大锅中，中火加热草莓。
2. 煮约 4 分钟，至草莓变软为止。
3. 加入蜂蜜和柠檬汁，搅拌。煮 8 至 10 分钟。
4. 关火，加入罗勒，搅拌均匀。
5. 趁热享用或冷藏后食用。
6. 如未食完，冷藏保存。

可做 8 人份。改编自 marthastewart.com。

草莓辣椒莎莎酱

食材：

- 2 杯切碎的草莓
- 1/2 个红洋葱，切薄片
- 1 个墨西哥辣椒，切丁
- 1/2 个红灯笼椒，切碎
- 1/2 个绿灯笼椒，切碎
- 1/2 个橙灯笼椒，切碎
- 2 汤匙柠檬汁
- 1 汤匙植物油
- 适量盐、黑胡椒粉和香菜

做法：

1. 取中碗，将所有食材混合均匀。
2. 装盘即可享用！
3. 如未食完，冷藏保存。

可做 6 人份。改编自 yummly.com。

小贴士

- 可将切碎的草莓放在冷热燕麦片上。
- 草莓可搭配酸奶或茅屋起司。
- 草莓可与酸奶、蜂蜜和橙汁混合，制成美味可口的水果冰沙。

孩子们可以：

- 摘掉草莓顶部的绿叶。
- 在食用之前，清洗草莓。

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Just Say Yes to Fruits and Vegetables



Summer Squash

- Choose summer squash (yellow or green) that is firm and without soft spots.
- Refrigerate in an open plastic bag for up to 10 days.
- Before eating, scrub and rinse skin, then cut off ends. Seeds and skin are good to eat and full of fiber and nutrients!
- Summer squash has potassium, which is good for your heart.



Summer Squash and White Bean Salad

Ingredients:

4 cups diced summer squash
1 cup chopped red onion
2 1/4 cups cooked or 1 can
(19 ounces) cannellini beans,
drained and rinsed
2 tablespoons vegetable oil
1/4 cup apple cider vinegar
1/2 tablespoon chopped
rosemary
Salt and black pepper to taste

Directions:

1. In a large bowl, combine summer squash, onion and beans.
2. In a small bowl, mix oil, vinegar, rosemary, salt and black pepper.
3. Pour oil mixture over bean-squash mixture and toss.
4. Chill, serve and enjoy!
5. Refrigerate leftovers.

Makes 10 servings.

Zucchini Spaghetti

Ingredients:

1 tablespoon vegetable oil
1 cup chopped onion
4 garlic cloves, minced
2 cups chopped tomatoes
4 cups zucchini, sliced in
thin strips
Salt, black pepper and red
pepper flakes to taste

Directions:

1. In a large pan, heat oil over medium heat.
2. Add onion and cook until soft, about 5 minutes.
3. Add garlic and stir for 1 minute.
4. Add tomatoes and cook for 10 minutes, stirring often.
5. Add zucchini and cook until soft, about 3 minutes. Add red pepper flakes to taste.
6. Enjoy by itself or with your favorite pasta or grain!
7. Refrigerate leftovers.

Makes 8 servings.

Quick Tips

- Grate summer squash and freeze raw, or add to an omelet.
- Slice and add to salads or as part of a cold vegetable platter.
- Steam chopped summer squash in a small amount of water for 3 minutes.
- Season with black pepper and fresh herbs.

Kids can:

- Rinse fresh squash.
- Grate squash, with supervision.
- Cut squash with a plastic knife.

西葫芦

- 挑选质硬且无软斑点的西葫芦（黄色或绿色）。
- 装入开口塑料袋中，可冷藏存放最长 10 天。
- 食用之前，将表皮擦洗干净，然后切除两端。籽和皮味道很好，富含膳食纤维和各种营养元素！
- 西葫芦含钾，对心脏有益。



西葫芦白豆沙拉

食材：

- 4 杯切丁的西葫芦
- 1 杯切碎的红洋葱
- 2 1/4 杯煮熟的白腰豆或 1 罐 (19 盎司) 白腰豆，洗净沥干
- 2 汤匙植物油
- 1/4 杯苹果醋
- 1/2 汤匙切碎的迷迭香
- 适量盐和黑胡椒粉

做法：

1. 取大碗，混合西葫芦、洋葱和白豆。
2. 另取小碗，混合油、醋、迷迭香、盐和黑胡椒粉。
3. 将混合油汁浇到白豆南瓜什锦上，搅拌均匀。
4. 冷藏后风味更佳！
5. 如未食完，冷藏保存。

可做 10 人份。改编自 newhope360.com。

绿皮西葫芦意大利面

食材：

- 1 汤匙植物油
- 1 杯切碎的洋葱
- 4 个大蒜瓣，剁碎
- 2 杯切碎的番茄
- 4 杯西葫芦，切细条
- 适量盐、黑胡椒粉和红辣椒粉

做法：

1. 中火加热大锅中的油。
2. 加入洋葱，炒约 5 分钟，至变软为止。
3. 加入大蒜，炒 1 分钟。
4. 加入番茄，炒 10 分钟，期间不断翻炒。
5. 加入绿皮西葫芦，炒约 3 分钟，至变软为止。加入红辣椒碎片调味。
6. 直接食用或搭配喜欢的意大利面或谷类食用！
7. 如未食完，冷藏保存。

可做 8 人份。

小贴士

- 将西葫芦刨丝，新鲜冷冻或加入蛋饼中。
- 切片的西葫芦可加入沙拉中或制作蔬菜什锦冷盘。
- 切碎的西葫芦可加少量水蒸 3 分钟。撒上黑胡椒粉和新鲜香草调味。

孩子们可以：

- 清洗西葫芦。
- 在大人的照看下，将西葫芦刨丝。
- 使用塑料刀切西葫芦。

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Just Say Yes to Fruits and Vegetables



Sweet Potatoes

- Choose firm sweet potatoes with smooth skin.
- Store in a cool, dry place for up to 2 weeks.
- Before cooking, scrub and remove eyes and dark spots.
- Keep the skin; it is full of fiber and nutrients.
- Sweet potatoes have vitamin A, which is good for your eyes and skin.



Sweet Potato and Apple Stir-Fry

Ingredients:

- 2 tablespoons vegetable oil
- 4 cups chopped sweet potatoes
- 1 teaspoon grated ginger (optional)
- 2 cups chopped apples
- 1 teaspoon cinnamon

Directions:

1. In a large pot, heat oil over medium heat.
2. Add sweet potatoes, cover and cook for 5 minutes.
3. Add 1/2 cup of water and ginger, if using. Cover and cook for 5 minutes, stirring often.
4. Add apples and cinnamon. Cook for 10 more minutes until sweet potatoes are soft.
5. Serve immediately and enjoy as a dessert or sweet side dish.
6. Refrigerate leftovers.

Makes 5 servings. Adapted from recipes.sparkpeople.com.

Sweet Potato and Red Bean Chili

Ingredients:

- 2 teaspoons vegetable oil
- 1 onion, diced
- 3 cups diced sweet potatoes
- 2 garlic cloves, minced
- 2 cups chopped tomatoes
- 1 1/2 tablespoons chipotle chili powder
- 2 teaspoons ground cumin (optional)
- 1 1/2 cups cooked or 1 can (15 1/2 ounces) red beans, rinsed
- 2 tablespoons chopped cilantro (optional)
- Salt and black pepper to taste

Directions:

1. In a large pot, heat oil over medium heat.
2. Add onions and garlic. Cook for about 4 minutes or until softened.
3. Stir in the sweet potatoes and spices, and heat to toast for 1 minute.
4. Add tomatoes and 1 1/2 cups of water. Cook for 10 minutes.
5. Add beans. Cook until the beans are heated, about 5 minutes.
6. Add cilantro, salt and black pepper.
7. Serve and enjoy!
8. Refrigerate leftovers.

Makes 6 servings. Adapted from eatingwell.com.

Quick Tips

- For a baked sweet potato, scrub potatoes then bake at 375 degrees Fahrenheit for 1 hour.
- Chop sweet potatoes, boil until soft and then mash. Add orange juice and a pinch of brown sugar for a sweet treat.
- Sweet potatoes can be mixed with white potatoes for more nutrients and flavor.

Flavor Flip: Chili

- Add a teaspoon of cinnamon along with the other spices. At the end of cooking, add a teaspoon of vinegar or citrus juice to brighten up the dish.

红薯

- 挑选质感结实、表皮光滑的红薯。
- 置于阴凉干燥处，可存放最长 2 周。
- 食用之前，擦洗并剥去红薯的凹洞和黑点。
皮富含膳食纤维和各种营养元素，可留下烹煮食用。
- 红薯含维生素 A，对眼睛和皮肤有益。



红薯炒苹果

食材：

- 2 汤匙植物油
- 4 杯切碎的红薯
- 1 茶匙鲜姜末（可不加）
- 2 杯切碎的苹果
- 1 茶匙肉桂

做法：

1. 中火加热大锅中的油。
2. 加入红薯，加盖煮 5 分钟。
3. 加入 1/2 杯水和姜（如果使用）。
加盖煮 5 分钟，期间不断搅拌。
4. 加入苹果和肉桂。再煮 10 分钟，至红薯变软为止。
5. 立即食用，享受这道甜点或甜味配菜。
6. 如未食完，冷藏保存。

可做 5 人份。改编自 recipes.sparkpeople.com。

红薯红豆辣酱汤

食材：

- 2 茶匙植物油
- 1 个洋葱，切丁
- 3 杯切丁的红薯
- 2 个大蒜瓣，剁碎
- 2 杯切碎的番茄
- 1 1/2 汤匙启波特雷辣椒粉
- 2 茶匙孜然粉（可不加）
- 1 1/2 杯煮熟的红豆或 1 罐（15 1/2 盎司）
红豆，洗净沥干
- 2 汤匙切碎的香菜（可不加）
- 适量盐和黑胡椒粉

做法：

1. 中火加热大锅中的油。
2. 加入洋葱和大蒜。炒约 4 分钟或至变软为止。
3. 翻炒红薯和调味料，加热烘烤 1 分钟。
4. 加入番茄和 1 1/2 杯水。煮 10 分钟。
5. 加入豆子。将豆子煮约 5 分钟加热。
6. 最后撒上香菜、盐和黑胡椒粉。
7. 装盘即可享用！
8. 如未食完，冷藏保存。

可做 6 人份。改编自 eatingwell.com。

小贴士

- 擦洗红薯，以 375°F 的温度下烤 1 小时，即是美味的烤红薯。
- 将红薯切碎，水煮至变软为止，然后捣碎。加入橙汁和适量红糖，制成美味甜点。
- 红薯可搭配白土豆，以增加营养和风味。

巧做美味：辣酱汤

- 加入一茶匙肉桂及其他调味料。烹煮最后加入一茶匙醋或柑橘汁，以增加色泽。

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Just Say Yes to Fruits and Vegetables



Tomatoes



- Choose firm tomatoes with smooth skins. Green tomatoes will ripen at room temperature.
- Store tomatoes at room temperature, away from direct sunlight.
- Once ripe, use within 1 week. Tomatoes taste best if not refrigerated; only refrigerate if you cannot use them before they spoil.
- Rinse before eating — fresh or cooked.
- Tomatoes have vitamin A, which is good for your eyes and skin.

Easy Tomato Sauce

Ingredients:

1 1/2 teaspoons vegetable oil
1 onion, chopped
2 1/2 cups chopped tomatoes
2 garlic cloves, chopped
1/2 teaspoon oregano (optional)
1/2 teaspoon salt
1/4 teaspoon black pepper

Directions:

1. In a large frying pan, heat oil over medium heat. Add onion and cook until soft. Stir often.
2. Add tomatoes, garlic, oregano, salt and black pepper.
3. Simmer for 15 to 20 minutes, or until thickened.
4. Serve over pasta, rice or cooked vegetables. Enjoy!
5. Refrigerate leftovers.

Makes 5 servings.

Chilean Tomato Salad

Ingredients:

2 cups thinly sliced onions
1/2 teaspoon salt
8 cups sliced tomatoes
1/4 cup basil or cilantro, torn
1 tablespoon oil
Salt and black pepper to taste

Directions:

1. In a small bowl, add onions and sprinkle with salt. Set aside 20 to 30 minutes.
2. Rinse onions under water to remove salt. Drain well.
3. In a large bowl, combine tomatoes, drained onions and basil or cilantro. Add oil and mix well.
4. Enjoy, or refrigerate and serve cold!
5. Refrigerate leftovers.

Makes 8 servings. Submitted by Beth Bainbridge, Stellar Farmers Markets.

Quick Tips

- 1 medium-size tomato is about 1 cup of chopped tomatoes.
- Add chopped tomatoes to scrambled eggs.
- Make your own tomato soup! Sauté chopped onions and garlic until soft. Add your favorite herbs, chopped tomatoes and low-sodium broth. Cook 10 to 15 minutes and enjoy!

Kids can:

- Wash tomatoes under cold water.
- Mash or cut tomatoes to make a quick sauce or salsa.

蕃茄



- 挑选质感结实、表皮光滑的番茄。青番茄可在室温下变熟。
- 室温下储藏番茄，避免日光直射。成熟后，在 1 周内使用。番茄冷藏会影响口感；除非来不及食用，否则切勿冷藏。
- 食用之前，清洗干净，生食或煮熟食用皆可。
- 番茄含维生素 A，对眼睛和皮肤有益。

简易番茄酱

食材：

- 1 1/2 茶匙植物油
- 1 个洋葱，切碎
- 2 1/2 杯切碎的番茄
- 2 个大蒜瓣，切碎
- 1/2 茶匙牛至（可不加）
- 1/2 茶匙盐
- 1/4 茶匙黑胡椒粉

做法：

1. 中火加热大煎锅中的油。加入洋葱，炒至变软为止。期间不断翻炒。
2. 加入番茄、大蒜、牛至、盐和黑胡椒粉。
3. 炖 15 至 20 分钟或至汤汁变稠为止。
4. 将汤汁浇在意大利面、米饭或煮熟的蔬菜上。享受美味！
5. 如未食完，冷藏保存。

可做 5 人份。

智利番茄沙拉

食材：

- 2 杯切薄片的洋葱
- 1/2 茶匙盐
- 8 杯切碎的番茄
- 1/4 杯罗勒或香菜，撕碎
- 1 汤匙油
- 适量盐和黑胡椒粉

做法：

1. 取小碗，加入洋葱，并撒上盐。放置 20 至 30 分钟。
2. 用水冲洗洋葱，以洗掉盐分。沥干水。
3. 取大碗，混合番茄、沥干水的洋葱以及罗勒或香菜。加入油，混合均匀。
4. 立即食用或冷藏后食用！
5. 如未食完，冷藏保存。

可做 8 人份。由 Stellar Farmers Markets 的 Beth Bainbridge 提供。

小贴士

- 1 个中等大小的番茄可切成约 1 杯切碎的番茄。
- 切碎的番茄可加入炒鸡蛋中。
- 自制一道美味番茄汤！将切碎的洋葱和蒜炒至变软。加入喜爱的香草、切碎的番茄和低钠高汤。煮 10 至 15 分钟，即可享用美味！

孩子们可以：

- 用冷水将番茄洗净。
- 番茄捣碎或切碎，制作简单酱汁或莎莎酱。

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Just Say Yes to Fruits and Vegetables



Tomatoes



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- Rinse before eating — fresh or cooked.
- Tomatoes have vitamin A, which is good for your eyes and skin.

Ceviche de Chochos (Bean Ceviche)

Ingredients:

- 1 small red onion, thinly sliced
- 1/4 teaspoon salt
- 1 tablespoon tomato paste
- 2 tablespoons water
- 2 medium tomatoes, thinly sliced
- 1 1/2 cups cooked, or 1 can (15.5 ounces) fava or lima beans, drained and rinsed
- 1/4 cup orange juice
- 2 tablespoons lime juice
- 1/4 cup chopped fresh cilantro
- 1 teaspoon vegetable oil

Directions:

1. Place onions in a bowl, sprinkle with salt and cover with warm water. Set aside for 10 minutes.
2. Drain the water and rinse onions under water to remove salt.
3. In a large bowl, add the onions, tomatoes, beans and cilantro.
4. In a separate bowl, whisk the tomato paste with 2 tablespoons of water to combine. Then whisk in the orange juice, lime juice and oil to create a dressing. Pour the dressing over the bean mixture and toss.
5. Enjoy, or refrigerate and serve cold!
6. Refrigerate leftovers.

Makes 4 servings. Adapted from laylita.com.

Quick Tips

- 1 medium-size tomato is about 1 cup of chopped tomatoes.
- Add chopped tomatoes to scrambled eggs.
- Make your own tomato soup! Sauté chopped onions and garlic until soft. Add your favorite herbs, chopped tomatoes and low-sodium broth. Cook 10 to 15 minutes and enjoy!

Kids can:

- Wash tomatoes under cold water.
- Mash or cut tomatoes to make a quick sauce or salsa.

番茄



- 挑选紧实、表皮光滑的番茄。青番茄在室温下会自然成熟。
- 在室温下存放番茄时，应避免阳光直射。
- 成熟后，请在 1 周内食用。番茄不冷藏时口感最佳；只有在无法及时食用时，才建议冷藏。
- 食用前洗净——无论是生吃还是烹饪。
- 番茄富含维生素 A，对眼睛和皮肤有益。

Ceviche de Chochos (扁豆酸橙腌海鲜)

配料：

- 1 个小红洋葱，切成薄片
- 1/4 茶匙盐
- 1 汤匙番茄酱
- 2 汤匙水
- 2 个中等大小的番茄，切成薄片
- 1 1/2 杯煮熟的或 1 罐 (15.5 盎司) 蚕豆或利马豆，沥干并洗净
- 1/4 杯橙汁
- 2 汤匙酸橙汁
- 1/4 杯新鲜香菜末
- 1 茶匙植物油

做法：

1. 将洋葱放入碗中，撒上盐，加入温水。静置 10 分钟。
2. 沥干，用水冲洗洋葱以去除盐分。
3. 准备一个大碗，加入洋葱、番茄、豆子和香菜。
4. 在另一个碗中，倒入 2 汤匙水和番茄酱，搅拌均匀。然后加入橙汁、酸橙汁和油，调成调味汁。将调味汁倒在拌好的豆子上，拌匀。
5. 直接享用，或冷藏后食用！
6. 如未食完，冷藏保存。

可做 4 人份。改编自 laylita.com。

小贴士

- 1 个中等大小的番茄约等于 1 杯番茄丁。
- 将切好的番茄丁倒入炒蛋中。
- 自制番茄汤！将切碎的洋葱和大蒜煸炒至变软。加入您喜欢的草本调味料、番茄丁和低钠高汤。煮 10 至 15 分钟后即可享用！

孩子们可以：

- 用冷水洗净番茄。
- 将番茄捣碎或切碎，制作简易酱料或莎莎酱。

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Just Say Yes to Fruits and Vegetables

NYC
Health

Watermelon

- Choose watermelons that are heavy for their size, with no bruises or soft spots.
- Keep whole watermelons out of direct sunlight and store at room temperature for up to 1 week. Refrigerate cut watermelon for up to 5 days.
- Before eating, rinse watermelon, cut in half or in wedges and remove the seeds.
- Watermelons have vitamin A, which is good for your eyes and skin.



Spicy Watermelon Relish

Ingredients:

3 cups cubed watermelon
2 cucumbers, thinly sliced
1/2 onion, chopped
1 carrot, thinly sliced
1/4 cup apple cider vinegar
1 teaspoon red pepper flakes
2 tablespoons chopped mint
1 tablespoon chopped cilantro (optional)
Salt and black pepper to taste

Directions:

1. In a large bowl, combine all ingredients and toss gently.
2. Chill, serve and enjoy!
3. Refrigerate leftovers.

Makes 6 servings. Adapted from wchstv.com.

Watermelon Black Bean Salsa

Ingredients:

2 cups chopped watermelon, seeds removed
1 cup cooked black beans
1/2 cup chopped onion
1 tablespoon chopped green chilies
1 garlic clove, minced
2 tablespoons lime juice
1 tablespoon vegetable oil
1 tablespoon chopped cilantro (optional)

Directions:

1. In a large bowl, combine all ingredients and toss gently.
2. Chill, serve and enjoy!
3. Refrigerate leftovers.

Makes 4 servings.

Quick Tips

- Add watermelon cubes or watermelon balls to a fruit salad.
- Choose watermelons that have a pale yellow spot on the skin. This shows that they are ripe.
- Add pieces of watermelon to your water for a refreshing drink.

Kids can:

- Scoop out watermelon flesh with a spoon to eat as a snack or add to a recipe.
- Dig out seeds from watermelon wedges using a spoon.

西瓜

- 挑选分量较沉且无碰伤或软斑点的西瓜。
- 整个西瓜可避光且室温存放最长 1 周。
切开的西瓜可冷藏最长 5 天。
- 食用之前，清洗西瓜，对半切开或切成楔形，然后去籽。
- 西瓜含维生素 A，对眼睛和皮肤有益。



酸辣西瓜开胃小菜

食材：

- 3 杯切块去籽的西瓜
- 2 根黄瓜，切薄片
- 1/2 个洋葱，切碎
- 1 根胡萝卜，切薄片
- 1/4 杯苹果醋
- 1 茶匙红辣椒碎片
- 2 汤匙切碎的薄荷
- 1 汤匙切碎的香菜（可不加）
- 适量盐和黑胡椒粉

做法：

1. 取大碗，将所有食材轻轻混合均匀。
2. 冷藏后风味更佳！
3. 如未食完，冷藏保存。

可做 6 人份。改编自 wchstv.com。

西瓜黑豆莎莎酱

食材：

- 2 杯切碎去籽的西瓜
- 1 杯煮熟的黑豆
- 1/2 杯切碎的洋葱
- 1 汤匙切碎的青椒
- 1 个大蒜瓣，剁碎
- 2 汤匙酸橙汁
- 1 汤匙植物油
- 1 汤匙切碎的香菜（可不加）

做法：

1. 取大碗，将所有食材轻轻混合均匀。
2. 冷藏后风味更佳！
3. 如未食完，冷藏保存。

可做 4 人份。

小贴士

- 可将西瓜块或西瓜球加入水果沙拉中。
- 应选择表皮带浅黄色斑点的西瓜。这表明西瓜已经成熟。
- 西瓜片可加入水中，以制作清爽可口的饮料。

孩子们可以：

- 用勺子舀出西瓜瓢，作为零食吃或加入菜肴中。
- 用勺子挖出楔形西瓜块上的籽。

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Just Say Yes to Fruits and Vegetables



Winter Greens

- Look for greens that are moist and crisp, with rich, green leaves.
- Wrap unwashed greens in a damp paper towel or a clean cotton dish towel, place in a plastic bag and keep in the refrigerator for up to up to 5 days.
- Before eating, rinse leaves and chop into bite-size pieces.
- Winter greens have vitamin A, which is good for eyes and skin.



Leafy Greens Salad With Apple Dressing

Ingredients:

- 1 apple, chopped
- 1 apple, shredded
- 12 cups sliced leafy greens
(kale, mustard greens or spinach)
- 2 tablespoons apple cider vinegar
- 1 teaspoon lemon juice
- 2 tablespoons vegetable oil
- Salt and black pepper to taste

Directions:

1. In a large bowl, add chopped apples and greens.
2. To make dressing, combine shredded apple, vinegar, lemon juice and oil in a small bowl.
3. Add dressing to greens, mix well with hands. Add salt and black pepper to taste.
4. Serve and enjoy!
5. Refrigerate leftovers.

Makes 6 servings. Adapted from **bonappetit.com**.

Black-Eyed Peas and Collard Greens

Ingredients:

- 1 tablespoon vegetable oil
- 1 cup chopped onion
- 3 garlic cloves, minced
- 8 cups chopped collard greens
- 2 cups chopped tomato
- 1/4 cup chopped dill
- 1 1/2 cups cooked or 1 can
(15 1/2 ounces) black-eyed
peas, rinsed
- Salt and black pepper to taste

Directions:

1. In a large pot, heat oil over medium heat.
2. Add onion and garlic and cook until soft, about 5 minutes. Stir frequently.
3. Add greens, tomato, dill and 1/2 cup of water. Add more water if needed to prevent sticking. Cook until greens are soft, 20 to 25 minutes.
4. Add black-eyed peas. Add salt and black pepper to taste. Stir.
5. Serve immediately and enjoy!
6. Refrigerate leftovers.

Makes 4 servings. Adapted from **nytimes.com**.

Quick Tips

- Winter greens include kale, collard greens, mustard greens or Swiss chard. Any type can be used in place of another in recipes.
- Cook winter greens with oil and garlic for a quick side dish or add them to soups and stews.
- Greens can be seasoned with vinegar, ginger, lemon juice or red pepper flakes.

Kids can:

- Wash leaves in cold water.
- Tear leafy greens into pieces.

冬青菜

- 挑选水嫩挺直且带深绿叶子的青菜。
- 使用湿纸巾或干净的洗碗巾包裹未清洗的青菜，然后装入塑料袋，可在冰箱内存放最长 5 天。
- 食用之前，清洗叶片，并切成适口的小片。
- 冬青菜含维生素 A，对眼睛和皮肤有益。



绿叶青菜沙拉佐苹果酱汁

食材：

- 1 个苹果，切碎
- 1 个苹果，刨丝
- 12 杯切片的绿叶青菜
(羽衣甘蓝、芥菜或菠菜)
- 2 汤匙苹果醋
- 1 茶匙柠檬汁
- 2 汤匙植物油
- 适量盐和黑胡椒粉

做法：

1. 取大碗，加入切碎的苹果和青菜。
2. 另取小碗，混合刨丝的苹果、醋、柠檬汁和油，制成酱汁。
3. 将酱汁浇到青菜上，混合均匀。撒上适量盐和黑胡椒粉。
4. 装盘即可享用！
5. 如未食完，冷藏保存。

可做 6 人份。改编自 bonappetit.com。

黑豆炒宽叶羽衣甘蓝

食材：

- 1 汤匙植物油
- 1 杯切碎的洋葱
- 3 个大蒜瓣，剁碎
- 8 杯切碎的宽叶羽衣甘蓝
- 2 杯切碎的番茄
- 1/4 杯切碎的莳萝
- 1 1/2 杯煮熟的黑眼豆或 1 罐 (15 1/2 盎司)
豇豆，洗净沥干
- 适量盐和黑胡椒粉

做法：

1. 中火加热大锅中的油。
2. 加入洋葱和大蒜，炒约 5 分钟，至变软为止。期间不断翻炒。
3. 加入青菜、番茄、莳萝和 1/2 杯水。为免粘锅，可视需要多加一点水。煮约 20 至 25 分钟，至青菜变软为止。
4. 加入黑豆。撒上适量盐和黑胡椒粉。翻炒。
5. 立即食用，享受美味！
6. 如未食完，冷藏保存。

可做 4 人份。改编自 nytimes.com。

小贴士

- 冬青菜包括羽衣甘蓝、宽叶羽衣甘蓝、芥菜或瑞士甜菜。可在食谱中换用各类冬青菜。
- 冬青菜可加油和大蒜翻炒制成简单配菜或者加入汤和炖菜中。
- 冬青菜可加醋、生姜、柠檬汁或红辣椒碎片进行调味。

孩子们可以：

- 用冷水清洗叶片。
- 将绿叶青菜撕成片。

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Just Say Yes to Fruits and Vegetables

