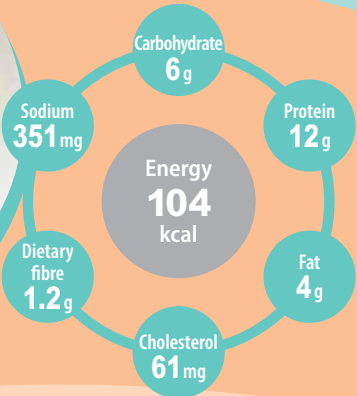


Mixed Vegetables and Tofu Soup

Extracted from Diabetes-friendly Recipes of the Department of Health



Nutrient Analysis (per serving)



Budget-friendly Healthy Recipe



Ingredients: Serves 4

Soft tofu 1 pc
Egg 1 pc
Frozen mixed vegetables ½ cup
Fish fillet 3 taels (120 g)
Water 6 cups (1440 ml)

Marinade:

Shaoxing wine 1 tsp
White pepper a pinch

Seasonings:

Salt ½ tsp
White pepper a pinch

Method:

1. Rinse and defrost the frozen mixed vegetable. Rinse the tofu and cut into cubes.
2. Rinse and pat dry the fish fillet. Cut into cubes and marinate it.
3. Beat the egg and set aside.
4. Boil the water. Add in the mixed vegetables. When it boils again, turn to low heat and add in the tofu and fish fillet. When the fish fillet is done, add in the beaten egg gradually. Mix well and add the seasoning to taste.

Lettuce Wrap with Field Greens

Extracted from Diabetes-friendly Recipes of the Department of Health



Budget-friendly Healthy Recipe

Ingredients: Serves 4

Dried tofu 200 g

Frozen mixed vegetable ½ cup

Dried Chinese black mushroom 8 pcs (approx. 16 g)

Water chestnuts (with skin removed) 4 pcs (approx. 70 g)

Lettuce leaves 8 pcs (approx. 60 g)

Vegetable oil* 3 tsp

*Vegetable oils such as peanut oil, canola oil and corn oil, etc.

Seasonings:

Salt ½ tsp

Sugar ½ tsp

Dark soy sauce 2 tsp

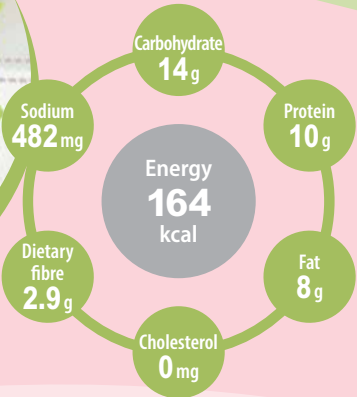
White pepper a pinch

Shaoxing wine 2 tsp

Thickening:

Cornstarch 2 tsp

Water 3 tbsp



Nutrient Analysis (per serving)

Method:

1. Soak, trim and chop the Chinese black mushrooms. Peel, wash and chop the water-chestnuts. Wash and chop the dried tofu.
2. Defrost the frozen mixed vegetable under running tap water.
3. Wash the lettuce leaves. Set aside.
4. Heat the oil in a non-stick pan. Stir-fry all the ingredients and add in seasoning until the ingredients are fully cooked. Add in the thickening sauce. Serve with the lettuce leaves.

Bean Curd Sticks with Chinese Black Mushrooms and Green Beans

Extracted from Diabetes-friendly Recipes of
the Department of Health



Budget-friendly Healthy Recipe



Ingredients: Serves 4

- Dried bean curd sticks 3 ½ pcs (approx. 90 g)
- Chinese black mushrooms (dried) 3 pcs (approx. 12 g)
- Green beans 2 taels (80 g)
- Carrot ½ pc (approx. 75 g)
- Vegetable oil* 3 tsp

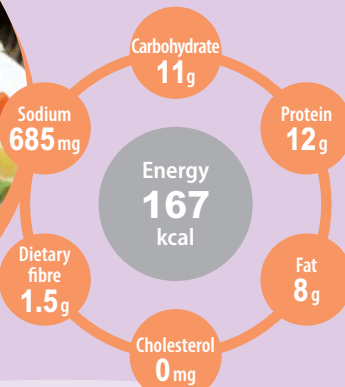
* Vegetable oils such as peanut oil, canola oil and corn oil, etc.

Seasonings:

- Salt ½ tsp
- Soy sauce 1 tbsp
- Sesame oil 1 tsp
- Sugar 1 tsp
- Water ⅔ cup (160 ml)

Thickening:

- Cornstarch 1 ½ tsp
- Water 2 tbsp



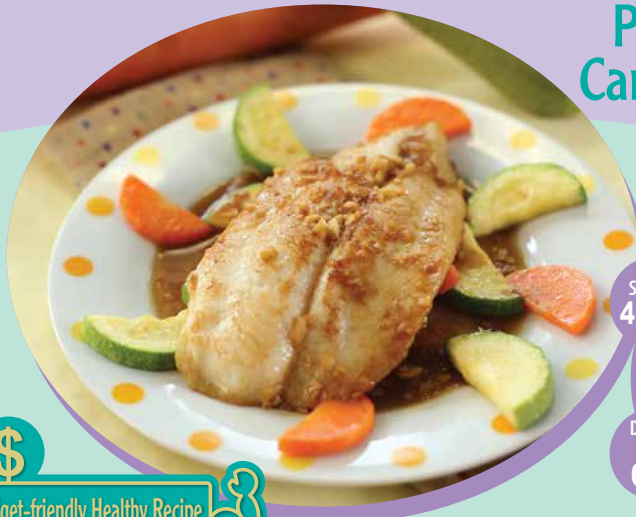
Nutrient Analysis (per serving)

Method:

1. Soak and section the bean curd sticks and tie into knots. Soak, trim, and slice the mushrooms.
2. Rinse, trim and section the green beans. Peel, rinse, and section the carrot.
3. Heat the oil in a non-stick wok / pan. Stir-fry the mushrooms, beans and carrot. Stir in the seasoning sauce and bean curd and bring to boil. Cover and braise. Stir in the thickening sauce.

Pan-fried Fish with Carrots and Zucchini

Extracted from Diabetes-friendly Recipes of the Department of Health



Budget-friendly Healthy Recipe



Ingredients: Serves 4

Fish fillet 6 taels (240 g)

Carrot ½ pc (approx. 75 g)

Zucchini ½ pc (approx. 75 g)

Garlic, finely chopped 1 tbsp

Ginger 4 slices

Vegetable oil* 3 tsp

*Vegetable oils such as peanut oil, canola oil and corn oil, etc.

Marinade for fish fillet:

Salt ¼ tsp

Cornstarch ½ tsp

Shaoxing wine ½ tbsp

White pepper a pinch

Seasonings:

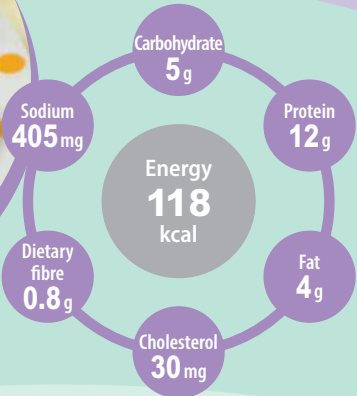
Soy sauce 2 tsp

Sugar 1 tsp

Cornstarch 1 tsp

Shaoxing wine 2 ½ tbsp

Water 3 tbsp



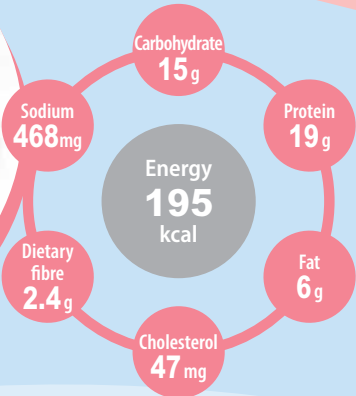
Nutrient Analysis (per serving)

Method:

1. Rinse the fish and marinate for about 30 minutes; peel, rinse, and slice the carrot; rinse and slice the zucchini.
2. Heat 2 teaspoons of oil in a non-stick pan and stir-fry the carrot slices first and then the zucchini until they are softened. Set aside.
3. Clean the pan and use the remaining oil to fry the garlic and ginger. Add the fish, which has been pat dry, and pan-fry until the two sides are golden brown. Add the seasoning and bring the sauce to the boil.
4. Put the fish on top of the carrots and zucchini and pour the sauce over them.

Pork and Vegetable Stew

Extracted from Diabetes-friendly Recipes of
the Department of Health



Nutrient Analysis (per serving)



Budget-friendly Healthy Recipe

Ingredients: Serves 4

Lean Pork ½ catty (320 g)
Onion ½ pc (approx. 170 g)
Carrot ½ pc (approx. 75 g)
Celery 1 stalk (approx. 90 g)
Potato 1 pc (approx. 150 g)
Canned vegetable juice 1 cup (240 ml)
Cornstarch 1 tsp
Vegetable oil* 1½ tsp
Salt ½ tsp
Water 1 cup (240 ml)

* Vegetable oils such as peanut oil, canola oil and corn oil, etc.

Method:

1. Rinse and chop the pork into small chunks, and marinate with cornstarch.
2. Wash, peel, and cut the carrot, onion, and potato into chunks; wash the celery stalks, remove the strings, and cut into chunks.
3. Stir-fry the pork in a non-stick pan until they turn golden brown. Then add the onion and stir-fry for about 3 minutes.
4. Put the pork, onion, carrot, vegetable juice and water in a large pot and bring to the boil. Cover and let them simmer under low heat for about 30 minutes. (Add more water if needed.)
5. Add the potato and celery and let them simmer for about 1 hour or until the pork becomes tender. Add salt to taste.

Chicken Curry with Eggplants

Extracted from Diabetes-friendly Recipes of
the Department of Health



Budget-friendly Healthy Recipe



Ingredients: Serves 4

Chicken drumsticks 2 pcs (approx. 320 g)

Thai green eggplants 5 pcs (approx. 120 g)

Garlic, finely chopped 5 cloves

Lemongrass, finely chopped 1 stalk

Red chili 2 pcs

Cornstarch 1 tsp

Vegetable oil* 3 tsp

*Vegetable oils such as peanut oil,
canola oil and corn oil, etc.

Curry Sauce:

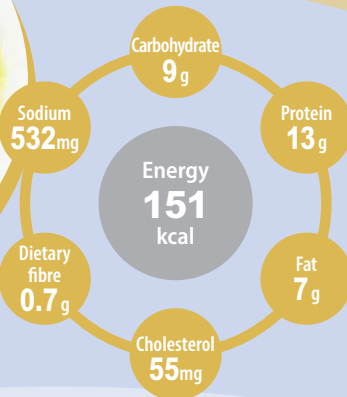
Curry powder 2 tsp

Low-fat milk 1 cup (240 ml)

Salt $\frac{3}{4}$ tsp

Sugar 1 tsp

Water $\frac{1}{2}$ cup (120 ml)



Nutrient Analysis (per serving)

Method:

1. Rinse the chicken drumsticks, remove any visible fat and cut into pieces, and then marinate with cornstarch.
2. Rinse, trim and cut the eggplants into wedges; rinse the red chili.
3. Mix well the curry sauce and set aside.
4. Heat 2 teaspoons of oil in a non-stick pan and stir-fry the chicken and eggplants separately until they turn golden brown. Set aside.
5. Add the remaining oil to the pan and stir-fry the garlic. Add the curry sauce to blend well with the garlic. Then add the chicken, eggplants, lemongrass, and red chili. Cover and braise under medium heat for about 20 minutes. Skim the fat before serving.