

Curried Vegetables Stew includes ingredients such as cabbage (900g), curry powder (100g), soybeans (400g), carrots (200g), white mushrooms (600g), green peppers and green beans (200g each), white fungus (300g), canned pineapple (600g), pumpkin (900g), sunflower oil (100g), and salt (25g). Begin by cutting all ingredients into bite-sized pieces. Add water to a rice cooker (up to 70% of the inner pot's capacity) and include carrots, white fungus, white mushrooms, canned pineapple, soybeans, and pumpkin. Cover and cook until aromatic, indicating boiling. Open the lid, add curry powder, and stir well. Then add green beans, green peppers, and cabbage. Cook uncovered, seasoning to taste, for about 5 minutes. The nutritional information per serving includes 193.6 kcal, 8.4g protein, 7.0g fat, 24.3g carbohydrates, 6.6g dietary fiber, 477.8mg sodium, and 76.4mg calcium. The macronutrient proportions are 17.3% protein, 32.5% fat, and 50.2% carbohydrates. Tips: Soybeans are a high-quality protein source from the beans, fish, eggs, and meat group. Curry powder, with its unique aroma, is a low-salt cooking technique. Dietary fiber content is 6.6g per serving, accounting for 22.0% of the daily recommended intake.

Meat Geng Rice Noodle Soup includes ingredients such as white fungus (150g), sunflower seeds (50g), pumpkin seeds (100g), shredded pork (500g), cabbage (600g), carrots (150g), eggs (300g), black fungus (150g), beech mushrooms (120g), cilantro (80g), rice noodles (600g), sunflower oil (200g), and salt (25g). First, cut all the ingredients into thin strips (bite-sized). Stir-fry the shredded pork and eggs in a hot pan and set aside. Crush the rice noodles to make them easier to eat. Place white fungus, black fungus, sunflower seeds, pumpkin seeds, carrots, and beech mushrooms in a pot. Add water up to 80% of the inner pot's capacity, cover, and cook until aromatic, indicating boiling. Open the lid, add shredded pork, eggs, rice noodles, cabbage, and cilantro. Season with salt and cook for about 5 minutes (adjust time based on rice noodles' desired softness). The nutritional information per serving includes 250.7 kcal, 8.4g protein, 13.1g fat, 24.8g carbohydrates, 2.1g dietary fiber, 441.9mg sodium, and 34.1mg calcium. The macronutrient proportions are 13.4% protein, 47.0% fat, and 39.5% carbohydrates. Tips: For homemade meat geng, if chewing is difficult, cut the meat against the grain, coat with egg liquid, season, and let sit for 30-60 minutes. Then cook in cold oil until tender. "Cold oil soaking" is a technique for tenderizing meat.

Delicious Four-God Soup includes ingredients such as tofu rounds (150g), carrots (150g), corn (300g), white fungus (40g), cabbage (600g), gorgon (50g), Chinese yam (50g), lotus seeds (100g), coix seeds (150g), raw cashews (100g), dried black fungus (40g), dried shiitake mushrooms (45g), celery (100g), sunflower seeds (100g),

soybeans (200g), sunflower oil (200g), and salt (25g). First, cut all the ingredients into bite-sized pieces. Place all ingredients (except celery) in a pot, add water up to 80% of the inner pot's capacity, cover, and cook until aromatic, indicating the ingredients are cooked. Open the lid, add diced celery, season, stir slightly, and enjoy. The nutritional information per serving includes 256.3 kcal, 9.9g protein, 14.4g fat, 21.7g carbohydrates, 6.0g dietary fiber, 411.0mg sodium, and 59.6mg calcium. The macronutrient proportions are 15.5% protein, 50.7% fat, and 33.9% carbohydrates. Tips: Soybeans can be pre-cooked in a rice cooker, portioned, and stored in the freezer. Dried shiitake mushrooms can be soaked, sliced, and stir-fried until fragrant. Tofu rounds can be boiled in water and cooled before use. The four-god soup packet includes lotus seeds, gorgon, coix seeds, and Chinese yam, which are whole grains. Diabetics should monitor their intake or substitute other foods accordingly. Dietary fiber content is 6.0g per serving, accounting for 20.0% of the daily recommended intake.

Shiitake Mushroom Oil Rice is a flavorful dish made with 200g dried shiitake mushrooms, 300g celery, 600g tofu skin, 900g black fungus (wood ear mushrooms), 400g sunflower seeds, 1200g glutinous rice, 200g sunflower oil (partially replaced with sesame oil), and 25g salt. To prepare, dice or shred the ingredients, then wash the rice and place it in a pot with all the ingredients except the diced celery. Add water until it covers the ingredients by 1 cm, stir well, cover the pot, and turn on the heat. Once the aroma wafts out, the ingredients are cooked. Open the lid, add the diced celery, stir and season the mixture, and it's ready to enjoy. This dish provides 430.8 kcal per serving, with 16.1g of protein, 18.6g of fat, 49.7g of carbohydrates, 7.6g of dietary fiber, 471.6mg of sodium, and 63.3mg of calcium. The macronutrient distribution is 14.9% protein, 39.0% fat, and 46.1% carbohydrates. For elderly individuals with frequent gastrointestinal discomfort, it is recommended not to use glutinous rice. This dish offers two servings of protein foods (beans, fish, eggs, meat), and it is suggested to replace part of the sesame oil with salad oil to retain a mild sesame fragrance. The dietary fiber content is 7.6g per serving, which is 25.3% of the daily recommended intake.

Taro Steamed Rice Noodles is a nutritious and flavorful dish made with 600g oyster mushrooms, 300g pumpkin seeds, 500g lotus seeds, 900g taro, 300g white fungus, 100g dried shiitake mushrooms, 300g enoki mushrooms, 200g cilantro, 300g black fungus, 1200g cabbage, 300g tofu skin, 1200g steamed rice noodles, 200g sunflower oil, and 25g salt. To prepare, shred the ingredients into bite-sized pieces, crush the steamed rice noodles for easier consumption, and put all the ingredients (except the

cilantro) into a pot. Add water until it covers the ingredients by 5 cm, stir well, cover the pot, and turn on the heat. Once the aroma wafts out, the ingredients are cooked. Open the lid, add the steamed rice noodles, and stir with the ingredients for about 10 minutes (adjust the time based on your preferred noodle texture). Add the cilantro and season to taste, then serve. This dish provides 502.6 kcal per serving, with 15.7g of protein, 16.1g of fat, 73.8g of carbohydrates, 8.4g of dietary fiber, 595.6mg of sodium, and 102.4mg of calcium. The macronutrient distribution is 12.5% protein, 28.8% fat, and 58.7% carbohydrates. Taro and rice noodles are whole grains; elderly individuals needing blood sugar control should monitor their intake. This dish offers two servings of protein foods (beans, fish, eggs, meat), and provides 8.4g of dietary fiber per serving, which is 28.0% of the daily recommended intake.

Tofu with Corn Soup is a comforting and hearty meal made with 300g enoki mushrooms, 500g corn kernels, 600g soft tofu, 200g cheese slices, 400g black fungus, 200g celery, 900g sweet potatoes, 900g potatoes, 200g sunflower seeds, 1200g corn sauce, 200g carrots, 600g cabbage, 100g sunflower oil, and 25g salt. To prepare, use a food processor to finely chop the black fungus, carrots, cabbage, and other ingredients. Put all the ingredients (except the diced celery) into a pot, add water to 80% of the pot's capacity (based on the amount of ingredients), cover, and turn on the heat. Once the aroma wafts out, the ingredients are cooked. Open the lid, add the diced celery, stir with the ingredients for 3 minutes, season, and enjoy. This dish provides 263.4 kcal per serving, with 7.8g of protein, 11.1g of fat, 33.2g of carbohydrates, 5.1g of dietary fiber, 766.9mg of sodium, and 102.7mg of calcium. The macronutrient distribution is 11.8% protein, 37.8% fat, and 50.4% carbohydrates. Finely chopping the ingredients reduces the volume and is a technique for cooking high-density calorie foods. This dish is suitable for those with dental issues or chewing difficulties and provides 5.1g of dietary fiber per serving, which is 17.0% of the daily recommended intake.

Miso Corn Tofu Soup is a wholesome and nutritious meal made with 1200g white corn, 900g potatoes, 300g pumpkin, 400g traditional tofu, 400g black beans, 400g raw cashews, 100g kelp, a pinch of shredded ginger, 300g lima beans, 200g miso, 100g sunflower oil, and 25g salt. To prepare, cut the ingredients into chunks and set aside. Put all the ingredients into a pot, add water to 80% of the pot's capacity (based on the amount of ingredients), cover, and turn on the heat. Once the aroma wafts out, the ingredients are cooked. Open the lid, add the miso, season, and cook for about 5 minutes, then serve. This dish provides 318.1 kcal per serving, with 15.0g of protein, 14.6g of fat, 31.7g of carbohydrates, 8.0g of dietary fiber, 435.8mg of

sodium, and 101.6mg of calcium. The macronutrient distribution is 18.9% protein, 41.2% fat, and 39.9% carbohydrates. This dish is very nutritious and can be served as a main meal. It provides two servings of protein foods (beans, fish, eggs, meat), and corn, pumpkin, and lima beans are whole grains; if consumed in excess, reduce the rice intake in the main meal. The dish provides 8.0g of dietary fiber per serving, which is 26.7% of the daily recommended intake.

Spring Shrimp and Vegetable Pot is a light and refreshing dish perfect for the spring season, made with 80g celery, 80g baby bok choy, 76g fresh shiitake mushrooms, 72g asparagus, 80g Chinese lettuce, 80g frozen medium shrimp, 3 slices of ginger, 2 teaspoons of vegetable oil, and 3 bowls of water. To prepare, thaw the frozen shrimp in the refrigerator, pat dry with kitchen paper, and set aside. Wash and cut the celery and asparagus into small pieces, and clean the baby bok choy, shiitake mushrooms, and Chinese lettuce. Boil a pot of water, add the celery, shiitake mushrooms, oil, and ginger slices, and cook over medium-high heat for about 5 minutes until the vegetables start to soften. Then add the shrimp and cook for 2 minutes, followed by the asparagus and Chinese lettuce, cooking for another 1-2 minutes. Finally, add the seasoning ( $\frac{3}{4}$  teaspoon salt and  $\frac{1}{4}$  teaspoon white pepper) and serve. This dish provides 60 kcal per serving, with 3g of carbohydrates, 6g of protein, 2.7g of fat, 1.4g of fiber, and 471mg of sodium. Celery, asparagus, baby bok choy, and Chinese lettuce are rich in fiber and in season during spring. If some vegetables are unavailable, they can be substituted with other leafy greens. For a low-sodium version, reduce the salt to  $\frac{1}{4}$  teaspoon.

Tomato and White Bean Stew with Minced Pork is a hearty and nutritious meal made with 4 small tomatoes (approximately 444g), 200g minced lean pork, 1 block of white bean curd (about 200g), 2 cups of water, 1 tablespoon of corn oil, and 2 cloves of garlic. For seasoning, use  $\frac{1}{2}$  teaspoon of salt and 2 teaspoons of sugar. For marinating the pork, use  $\frac{1}{2}$  teaspoon of salt,  $\frac{1}{2}$  teaspoon of sugar, and a pinch of white pepper. To thicken the sauce, mix 1 teaspoon of cornstarch with  $\frac{1}{2}$  cup of water. To prepare, wash the minced pork and mix with the marinade. Clean and cut the tomatoes and bean curd into pieces. Peel and finely chop the garlic. Heat  $\frac{1}{2}$  tablespoon of oil in a non-stick pan, cook the minced pork until done, and set aside. Using the remaining  $\frac{1}{2}$  tablespoon of oil, sauté the garlic, tomatoes, and bean curd, mix well, add water, and bring to a boil. Reduce the heat, cover, and simmer for 5 minutes until the tomatoes are fully softened. Add the cooked pork and seasoning, stir well, and add the thickening mixture. Cook until the sauce boils and thickens, then serve. This dish provides 230 kcal per serving, with 13g of carbohydrates, 25g of protein, 9g of fat, 2g

of fiber, and 665mg of sodium. Different types of dried bean curd are available, such as Pu Ning bean curd, Fujian bean curd, and five-spice bean curd, which are rich in protein and can replace some meat in the diet. For a low-sodium version, omit the salt in the seasoning. For a diabetic-friendly version, use sugar substitutes added after cooking to maintain sweetness.

Chive and Goji Berry Egg Drop Soup is a simple and nutritious soup made with 80g chives, 2 eggs, 40g dried goji berries, and 6 bowls of water. For seasoning, use ¼ teaspoon of salt, 2 teaspoons of sesame oil, and a pinch of white pepper. To prepare, wash the goji berries and soak them in water. Clean and cut the chives into 3 cm pieces. Beat the eggs in a large bowl. Boil water in a pot, add the chives, and when the water boils again, reduce the heat and slowly pour in the egg mixture, stirring gently. Once the egg flowers form, add the goji berries, salt, sesame oil, and pepper, and mix well before serving. This soup provides 94 kcal per serving, with 8g of carbohydrates, 5g of protein, 5g of fat, 2g of fiber, and 230mg of sodium. Soak the goji berries before cooking and add them in the last 3 minutes of cooking to prevent them from dissolving. For a diabetic-friendly version, exchange one serving of goji berries for ½ tablespoon of rice (½ carbohydrate serving).

Winter Melon, Corn, and Lean Pork Soup is a nourishing soup made with 640g winter melon, 197g corn, 320g lean pork, 24g honey date, 4 slices of ginger, 6 bowls of water, and ¼ teaspoon of salt. To prepare, wash the winter melon and cut it into slices with the skin on, clean and cut the corn into sections, and blanch the lean pork. Bring 6 bowls of water to a boil, add all the ingredients, and simmer on low heat for 2 hours. Add salt to taste before serving. This soup provides 182 kcal per serving, with 15g of carbohydrates, 18g of protein, 6g of fat, 3.4g of fiber, and 195mg of sodium. Lean pork is rich in protein and can be replaced with lean pork shank for lower fat content and easier chewing. Consuming winter melon and corn increases fiber intake. For a diabetic-friendly version, omit the honey date and exchange each serving of corn soup residue for ½ tablespoon of rice (½ carbohydrate serving).

Zucchini and Lean Pork Oat Dumplings are a delicious and healthy option made with 1 small zucchini (about 118g), 160g minced lean pork, 16 dumpling wrappers (about 128g), and 2 tablespoons of instant oatmeal (about 10g). For seasoning, use 2 teaspoons of soy sauce, ½ teaspoon of sugar, ½ teaspoon of white pepper, 1 teaspoon of sesame oil, and 2 teaspoons of cornstarch. To prepare, peel and finely shred the zucchini, then mix with the minced pork, oatmeal, and seasoning until the mixture becomes sticky. Place the filling in the center of the dumpling wrapper,

moisten the edges with water, fold, and press to seal, ensuring no air remains between the wrapper and filling. Arrange the dumplings on a plate dusted with cornstarch to prevent sticking. Cook in boiling water over medium-high heat for about 10 minutes until done. This dish provides 180 kcal per serving, with 23g of carbohydrates, 12g of protein, 5g of fat, 2g of fiber, and 217mg of sodium. Oats absorb water and become translucent when cooked, making the meat filling softer and a good substitute for fatty meat to reduce fat intake. Serve the dumplings with blanched vegetables like choy sum to increase fiber intake. For a diabetic-friendly version, exchange one serving of dumplings for 2½ tablespoons of rice (2½ carbohydrate servings).

Cherry Tomato and Broccoli Stir-Fried Chicken Strips is a healthy and flavorful dish made with 320g of skinless chicken breast, 12 cherry tomatoes (about 225g), 240g of broccoli, 3 slices of ginger, 1 tablespoon of vegetable oil, and 3 tablespoons of water. For marinating the chicken, use 1 tablespoon of soy sauce, ½ teaspoon of sugar, a pinch of white pepper, and ½ teaspoon of cornstarch. For seasoning, use ½ teaspoon of sugar and ¼ teaspoon of salt. To prepare, cut the chicken breast into strips and marinate for at least 15 minutes. Wash the cherry tomatoes and remove the stems, and cut the broccoli into small florets. Heat 1 tablespoon of vegetable oil in a non-stick pan, sauté the ginger slices, add the chicken strips, and stir-fry until cooked through. Remove and set aside. In the same pan, add the broccoli, water, and seasoning, and stir-fry until fully cooked. Finally, add the chicken strips and cherry tomatoes, and stir-fry until well mixed. This dish provides 161 kcal per serving, with 7g of carbohydrates, 17g of protein, 7g of fat, 1.8g of fiber, and 530mg of sodium. Chicken breast is rich in protein and low in fat, making it suitable for the elderly. Cherry tomatoes and broccoli are high in fiber, helping to prevent constipation. Chicken can be substituted with fish fillets. For a low-sodium version, omit the salt and use ¼ teaspoon of white pepper instead.

Pumpkin, Chestnut, and Cashew Corn Soup is a nutritious and comforting soup made with 800g of pumpkin, 1 large corn (about 232g), 8 shelled and peeled chestnuts (about 80g), 60g of cashews, 6 bowls of water, and ¼ teaspoon of salt. To prepare, peel and clean the pumpkin, cut it into thick pieces, and set aside. Remove the husk from the corn, wash, and cut it into sections. Wash the chestnuts and cashews. Bring the water to a boil over high heat, add all the ingredients, bring to a boil again, then reduce the heat and simmer for about 1½ hours. Finally, add the salt and serve. This soup provides 203 kcal per serving, with 29g of carbohydrates, 6g of protein, 8g of fat, 3.4g of fiber, and 155mg of sodium. Pumpkin and chestnuts are autumn

vegetables rich in carotene, which is fat-soluble and absorbed better when cooked with cashews. Cashews provide protein, vitamin E, and healthy fats, becoming softer and more suitable for the elderly after cooking. For a diabetic-friendly version, limit the intake to one bowl per meal and exchange for ½ tablespoon of rice (½ carbohydrate serving). If consuming the soup residue, exchange two egg-sized pumpkin pieces, two chestnuts, or 1/3 corn with 1 tablespoon of rice (1 carbohydrate serving). For a low-fat/low-cholesterol version, reduce the cashews by half.

Dried Fig and Pear Sweet Soup is a simple and sweet dessert made with 2 medium pears (about 394g), 1 dried fig, 1 honey date, 30g of rock sugar, and 5 bowls of water. To prepare, wash and peel the pears, remove the cores, and cut them into pieces. Wash the dried fig. Add all the ingredients to a pot, bring to a boil over high heat, then reduce the heat and simmer for about 15 minutes. Add the rock sugar and cook until dissolved. This sweet soup provides 86 kcal per serving, with 23g of carbohydrates, 0g of protein, 0g of fat, 1.7g of fiber, and 0mg of sodium. Cooked pears become soft and are suitable for the elderly. For a diabetic-friendly version, omit the honey date, use a sugar substitute instead of rock sugar, and add it after turning off the heat to prevent loss of sweetness due to high temperatures. Each serving should still be exchanged with 1 fruit serving (1 carbohydrate serving).

Carrot and Lotus Root Braised Pork is a nutritious and flavorful dish made with 320g of lean pork, 240g of lotus root, 240g of carrots, 1 medium onion (about 130g), 2 cups of water, and 2 teaspoons of vegetable oil. For marinating the pork, use 2 teaspoons of Japanese soy sauce and ½ teaspoon of sesame oil. For seasoning, use 2 teaspoons of Japanese soy sauce and 1 tablespoon of mirin. To prepare, wash and cut the pork into pieces, marinate for about 15 minutes. Peel and cut the lotus root into 1 cm thick slices and soak in water. Peel and cut the carrots, and peel and slice the onion. Heat the oil in a pan, sauté the onion until fragrant, add the carrots and lotus root, and stir-fry briefly. Add the pork and seasoning, and enough water to cover 7-8 parts of the ingredients. Bring to a boil over medium heat, then cover and simmer for about 30 minutes until the meat is tender. This dish provides 217 kcal per serving, with 19g of carbohydrates, 19g of protein, 7g of fat, 4.5g of fiber, and 400mg of sodium. Carrots and lotus root are autumn vegetables rich in nutrients. Braising makes them tender and suitable for the elderly. Soaking lotus root in water prevents oxidation and blackening. Japanese soy sauce can be substituted with regular soy sauce. For a diabetic-friendly version, exchange one serving with 1½ tablespoons of rice (1½ carbohydrate servings). For a low-sodium version, halve the amount of Japanese soy sauce in the marinade and seasoning.

White Radish Braised Beef Shank is a hearty and nutritious dish made with 400g of beef shank, 2 scallions (cut into sections), 8 slices of ginger, 3 bay leaves, 2 star anise, 320g of white radish, 120g of carrots, 6 cups of water, and 2 teaspoons of vegetable oil. For seasoning, use  $\frac{3}{4}$  teaspoon of salt and some white pepper. To prepare, peel and cut the white radish and carrots into pieces. Wash the beef shank. Bring water to a boil, add 4 slices of ginger and the scallion sections, and blanch the beef shank for about 5 minutes, then cut it into pieces. Heat the oil in a pan, sauté the remaining ginger, add the beef shank, and stir-fry until fragrant. Add enough water to cover the beef, then add the bay leaves and star anise. Bring to a boil, cover, and simmer for about 1 hour. Add the radish and carrot pieces, mix well, cover, and simmer for another 30 minutes. Finally, add the seasoning and bring to a boil before serving. This dish provides 157 kcal per serving, with 5g of carbohydrates, 22g of protein, 6g of fat, 1.8g of fiber, and 537mg of sodium. White radish is a winter vegetable rich in vitamin C, fiber, potassium, and magnesium. Beef shank is a lower-fat alternative to brisket, providing protein and iron. Using natural seasonings like star anise and bay leaves reduces the need for high-sodium or high-sugar sauces. For a diabetic-friendly version, exchange one serving with  $\frac{1}{2}$  tablespoon of rice ( $\frac{1}{2}$  carbohydrate serving). For a low-sodium version, use no more than  $\frac{1}{2}$  teaspoon of salt for seasoning.

Watercress, Carrot, and Luo Han Guo Soup with Lean Pork is a nutritious and flavorful soup perfect for the winter season. It includes 640g of watercress, 240g of carrots,  $\frac{1}{2}$  a Luo Han Guo (about 12g), 320g of lean pork, 2-3 slices of ginger, 6 bowls of water, and  $\frac{1}{4}$  teaspoon of salt. To prepare, trim the roots off the watercress and soak in salt water for 45 minutes, then rinse thoroughly and cut into sections. Wash and peel the carrots, then cut them into pieces. Wash and cut the Luo Han Guo into small pieces. Clean and blanch the lean pork. Bring water to a boil in a pot, add the ginger slices, and then add all other ingredients. Bring to a boil again, reduce the heat, and simmer for about  $1\frac{1}{2}$  hours. Finally, season with salt and serve. This soup provides 161 kcal per serving, with 6g of carbohydrates, 20g of protein, 7g of fat, 2.0g of fiber, and 274mg of sodium. Watercress is a winter vegetable that can be prone to pests, so it's important to soak, rinse, and thoroughly cook it before consumption. Lean pork is rich in protein and becomes tender after simmering, making it suitable for the elderly. For a diabetic-friendly version, limit the intake of carrots due to their high carbohydrate content, and exchange one serving of soup for  $\frac{1}{2}$  tablespoon of rice ( $\frac{1}{2}$  carbohydrate serving).

Healthy Poon Choi is a delightful and nutritious dish made with 4 dried shiitake



mushrooms (about 8g), 160g of unseasoned fish paste, 1 teaspoon of chopped scallions, 1 teaspoon of chopped cilantro, 320g of white radish, 1 head of broccoli (about 140g), 160g of frozen shrimp, 1 chopped scallion, 2 slices of ginger, 1 block of tofu (about 324g), 320g of napa cabbage, and 600ml of homemade soup base. For the soup base, use 1 dried flatfish (about 20g), 160g of soybean sprouts, and 6 cups of water. For seasoning the shiitake mushrooms, use ¼ teaspoon of dark soy sauce and 1 teaspoon of oyster sauce. For seasoning the fish paste, use ¼ teaspoon of salt and 2 teaspoons of cornstarch. To prepare the soup base, break the dried flatfish into pieces and toast them in a dry pan. Clean and drain the soybean sprouts, wash and peel the white radish, and cut into pieces. Boil water in a pot, add the flatfish and soybean sprouts, and boil until the water boils. Add the white radish, reduce the heat, and simmer for about 90 minutes. Once cooled, strain the soup and set aside the broth and white radish. To prepare the poon Choi, soak and remove the stems from the shiitake mushrooms, mix with the marinade, and simmer in a pot with some water and the mushroom soaking water for about 20 minutes. Wash and cut the tofu, broccoli, and napa cabbage into pieces. Thaw the shrimp and remove the veins. Mix the fish paste with the marinade, chopped scallions, and cilantro, then form into balls. Boil water with chopped scallions and ginger, blanch the broccoli and shrimp, then blanch the fish balls. Layer the bottom of a large pot with white radish and napa cabbage, the middle with shiitake mushrooms and fish balls, and the top with broccoli, tofu, and shrimp. Add the homemade soup base until the pot is half full, and cook until all ingredients are fully cooked. This dish provides 188 kcal per serving, with 11g of carbohydrates, 27g of protein, 5g of fat, 10.5g of fiber, and 347mg of sodium. Using shrimp, fish balls, and tofu instead of traditional pork belly and pork skin reduces saturated fat intake. Homemade soup base helps to control sodium content. For variety, abalone and scallops can be used instead of fish balls and tofu, making it both healthy and festive. If not consuming immediately, keep the food hot above 60°C and do not store leftovers in the fridge for more than three days or reheat more than once.

Eight-Treasure Sweet Potato Congee is a nourishing and fiber-rich porridge made with 2 tablespoons (30ml) of lotus seeds, 2 tablespoons (30ml) of red beans, 1 sweet potato (cut into cubes), 2 tablespoons (30ml) of dried lily bulbs, 3 tablespoons (45ml) of raw peanuts, 9 candied dates (75g), 9 dried longans, 1 cup (250ml) of five-grain rice, 2 tablespoons (30ml) of honey, and 11 cups (2.75 liters) of water. To prepare, soak the red beans in cold water overnight or for at least 4 hours, soak the lotus seeds in water for 3 hours, and soak the dried lily bulbs in water for 1 hour. Rinse the five-grain rice and add it to a large pot of boiling water. Add the lotus seeds and red

beans, and cook for 45 minutes. Then add the candied dates, dried lily bulbs, longans, peanuts, and sweet potatoes. Reduce the heat and simmer for another 45 minutes until the porridge is ready. Add honey to taste. This porridge can be enjoyed hot or cold and provides 173 kcal per cup, with 4g of protein, 2g of fat, 36g of carbohydrates, 3g of dietary fiber, 7mg of sodium, 230mg of potassium, 83mg of phosphorus, and 21mg of calcium. This innovative porridge uses sweet potatoes to add natural sweetness and increase the fiber content, which helps reduce cholesterol absorption and lower LDL cholesterol levels. Foods rich in soluble fiber include oats, barley, beans, apples, pears, strawberries, and cruciferous vegetables. It is recommended to consume 5-10g of soluble fiber daily, which can be achieved by enjoying oatmeal for breakfast and choosing high-fiber fruits as snacks.

Japanese-Style Healthy Fried Chicken is a delicious and lower-calorie alternative to traditional fried chicken, made with  $\frac{2}{3}$  cup (150ml) of flour, 1 cup (250ml) of Panko breadcrumbs,  $\frac{1}{2}$  cup (125ml) of crushed cornflakes, 1 cup (250ml) of buttermilk,  $\frac{1}{2}$  teaspoon (2ml) of garlic powder,  $\frac{1}{2}$  teaspoon (2ml) of black pepper,  $\frac{1}{2}$  teaspoon (2ml) of paprika, 1 teaspoon (5ml) of canola oil spray, and 6 pieces (1.5 pounds) of skinless chicken thighs and drumsticks. For the Thai dipping sauce, use 3 tablespoons (45ml) of lime juice, 2 tablespoons (30ml) of fish sauce, 3 tablespoons (45ml) of sugar, 2 teaspoons (10ml) of chopped fresh chili, and 1 tablespoon (15ml) of minced garlic. To prepare, mix all the Thai dipping sauce ingredients and set aside. Preheat the oven to 425°F (220°C) and line a baking sheet with parchment paper. In a shallow bowl, mix the flour, paprika, black pepper, and garlic powder. In another shallow bowl, place the buttermilk. In a third shallow bowl, mix the Panko breadcrumbs and crushed cornflakes. Rinse the chicken pieces and pat dry. Dip the chicken into the buttermilk, then coat with the flour mixture, dip again in buttermilk, and coat with the breadcrumb mixture. Lightly spray with canola oil. Arrange the chicken pieces on the baking sheet without overlapping to ensure even cooking, and bake for 40 minutes or until fully cooked. This dish provides 208 kcal per serving (1 piece of chicken with 1 tablespoon of sauce), with 20g of protein, 5g of fat, 19g of carbohydrates, 1g of fiber, 625mg of sodium, 250mg of potassium, 38mg of phosphorus, and 47mg of calcium. Using Panko and cornflakes gives the fried texture without the extra calories. Chicken can be substituted with fish fillets or lean pork. Serve with a colorful antioxidant-rich salad for a nutritious and tasty meal.

Stuffed Mushrooms with Ginger Sesame Sauce is a flavorful dish made with 300g of large mushrooms, 80g of minced pork belly, 50g of ginger, 45g of wood ear mushrooms, 40g of shallots, 15g of green onions, and 10g of dried shiitake

mushrooms. For seasoning, use 40ml of extra virgin olive oil, 4.5g of salt, a suitable amount of black pepper, 60ml of black sesame oil, and 40ml of cooking white wine. To prepare, clean the mushrooms with a damp cloth, remove the stems, and hollow out the caps. Soak and chop the dried shiitake mushrooms, keeping the soaking water. Mince the wood ear mushrooms, shallots, and green onions. Marinate the minced pork with 10ml of olive oil, 1.5g of salt, black pepper, and white wine. Heat 15ml of olive oil in a pan over medium heat, and sauté the shallots, shiitake mushrooms, wood ear mushrooms, and green onions. Add the minced pork and cook until fragrant, then season with 1.5g of salt, black pepper, shiitake mushroom water, and white wine. Stuff the mushroom caps with the mixture, place them on a baking sheet, and drizzle with the remaining 15ml of olive oil. Preheat the oven to 160°C and bake the mushrooms for about 8 minutes. For the ginger sesame sauce, slice the ginger and sauté in black sesame oil over medium heat until golden brown, then season with 1.5g of salt and black pepper. Pour the sauce over the stuffed mushrooms and serve. This dish provides 289.3 kcal per 100g, with 10.5g of carbohydrates, 6.9g of protein, 4.4g of fat, and 2.8g of dietary fiber. The linoleic acid in sesame oil helps reduce inflammation and regulate blood cholesterol and triglycerides. Ginger contains phytochemicals like gingerols, which have antioxidant properties. Mushrooms are rich in polysaccharides such as beta-glucans, which have antioxidant and immune-modulating functions, and the B vitamins in mushrooms help reduce fatigue, while dietary fiber regulates blood cholesterol and blood sugar levels.

Three-Color Bell Pepper Turmeric Chicken Meatballs is a nutritious and colorful dish made with 500g of skin-on chicken breast, 250g of onion, 250g of Fuji apple, 50g of egg, 40g of carrot, 40g of celery, 20g each of yellow, green, and red bell peppers, and 20g of garlic. For seasoning, use 20ml of extra virgin olive oil, 30ml of cooking white wine, 20g of turmeric powder, 6g of salt, 10g of sweet potato starch, a suitable amount of black pepper, 5g of thyme, and 5g of rosemary. To prepare, dice the bell peppers and sauté in olive oil until soft, then set aside. Dice the onion, carrot, apple, and celery, and peel the garlic. In a pot, heat olive oil, sauté the garlic until golden, then add 200g of diced onion, carrot, celery, and apple, cooking until soft. Add turmeric powder, stir, and simmer for 20 minutes, then blend into a sauce and simmer for another 5 minutes. For the chicken meatballs, dice the chicken, blend into minced meat, mix with 50g of diced onion, rosemary, thyme, egg, sweet potato starch, cooking wine, salt, and black pepper, and form into balls. Pan-fry the meatballs in olive oil until golden. Simmer the meatballs in the sauce for 10 minutes and serve. This dish provides 120.8 kcal per 100g, with 9.8g of carbohydrates, 12.2g

of protein, 1.7g of fat, and 1.4g of dietary fiber. Turmeric contains curcumin, known for its antioxidant properties, promoting health when consumed regularly.

Baked Stuffed Tomato with Vegetables and Quinoa is a delightful vegetarian dish made with 200g of hollowed-out fresh beef tomatoes, 20g of sweet potato leaves, 20g of carrots, 15g of Taiwan red quinoa, 15g of corn kernels, 10g of mixed nuts, 25g of mozzarella cheese, and 20g of cheese slices. For seasoning, use 10ml of extra virgin olive oil, 1.5g of salt, and a suitable amount of black pepper. To prepare, hollow out the tomatoes and set aside. Wash the quinoa, boil with water until cooked, season with salt, and cool. Blanch the sweet potato leaves and carrot, then cool. Toast the nuts in a pan until aromatic and chop. Mix the quinoa, corn, sweet potato leaves, carrot, and nuts with olive oil, salt, and pepper. Fill the tomatoes with this mixture, top with cheese slices and mozzarella, cover with the tomato tops, and bake at 180°C for 25 minutes. This dish provides 228.3 kcal per 100g, with 10.7g of carbohydrates, 11.6g of protein, 11.5g of fat, and 1.9g of dietary fiber. Ingredients like sweet potato leaves, carrots, and tomatoes are rich in antioxidants, supporting eye health. Taiwan red quinoa is a superfood rich in protein, fiber, iron, and calcium.

Angelica Leaf and Cheese Omelette is a nutritious and simple dish made with 150g of eggs, 20g of fresh angelica leaves, and 10g of Parmesan cheese. For seasoning, use 15ml of extra virgin olive oil, 1.5g of salt, and a suitable amount of black pepper. To prepare, beat the eggs with salt, pepper, and Parmesan cheese. Clean and finely chop the angelica leaves, then mix into the egg. Heat a non-stick pan with a thin layer of olive oil, pour in the egg mixture, and cook over low heat, stirring occasionally to cook evenly. Serve once fully cooked. This dish provides 283 kcal per 100g, with 2.2g of carbohydrates, 16.9g of protein, 14.1g of fat, and 0g of dietary fiber. Angelica leaves have medicinal properties, promoting blood circulation and easing pain, making them beneficial for those with blood deficiency.

Braised Sweet Potato Leaves with Salted and Century Eggs is a savory and nutritious dish made with 450g of sweet potato leaves, 140g of salted egg, 140g of century egg, and 5g of garlic. For seasoning, use 2ml of savory seasoning sauce and 5g of rice wine. To prepare, remove the tough stems from the sweet potato leaves, wash, and drain. Peel and cut the salted and century eggs into eight pieces each. Peel the garlic and slice thinly. Blanch the sweet potato leaves in boiling water. In a separate pan, heat a little oil, sauté the garlic until fragrant, add the salted egg, and stir-fry until aromatic. Add the blanched sweet potato leaves and stir-fry. Pour the rice wine along the edge of the pan, add some broth, then stir in the century egg. Season with a little

sugar and the savory seasoning sauce before serving. This dish provides 55.5 kcal per 100g, with 4.5g of carbohydrates, 8.5g of protein, 5.4g of fat, and 2.5g of dietary fiber. Sweet potato leaves are known for their ability to regulate blood lipids and are rich in vitamin A, which supports eye health and immune function. They are also one of the top ten antioxidant vegetables.

Sweet Potato Leaves with Yam and Roselle is a colorful and nutritious dish made with 600g of sweet potato leaves, 100g of yam, 50g of roselle, and 200ml of water. For seasoning, use 50g of sugar and salt to taste. To prepare, wash the sweet potato leaves, remove the tough stems, and blanch the leaves in hot water before cooling them in ice water. Peel the yam, which can be slippery due to its mucilage, so wearing gloves is recommended. Cut the yam into thin strips or slices and soak in ice water with a little vinegar to keep them crisp and prevent oxidation. Boil the roselle in 200ml of water for 20 minutes, then add sugar to make a slightly thick sauce. Arrange the sweet potato leaves on a plate, top with the yam strips, and drizzle with the roselle sauce. This dish provides 49.4 kcal per 100g, with 11.6g of carbohydrates, 0.8g of protein, 0.04g of fat, and 0.5g of dietary fiber. Yam contains phytoestrogens that can regulate hormones and enhance bone health, while roselle is rich in flavonoids and anthocyanins with antioxidant and liver-protective properties. Sweet potato leaves help regulate blood lipids and are rich in vitamin A, which supports vision and immune function.

Stir-Fried Rice with Pork, Angelica, and Quinoa is a delicious and nutrient-dense dish made with 30g of angelica, 60g of bell pepper, 40g of fresh shiitake mushrooms, 35g of pork strips, 55g of egg, 20g of quinoa, 40g of white rice, and 10g of garlic. For seasoning, use 2 teaspoons of soy sauce, a pinch of white pepper, and 2 teaspoons of canola oil. To prepare, wash the quinoa and white rice, cook with 60g of water in a rice cooker, and let cool. Choose tender angelica, wash, and cut into small sections. Dice the fresh shiitake mushrooms and bell pepper. Beat the egg, and heat 1 teaspoon of oil in a pan to cook the egg until half done, then set aside. In the same pan, add another teaspoon of oil and stir-fry the mushrooms, pork, and bell pepper. Add the angelica and stir-fry until almost cooked. Add the cooked quinoa rice and egg, stir-fry until well mixed. Finally, season with soy sauce and white pepper. This dish provides 476.91 kcal per 100g, with 23.03g of protein, 57.25g of carbohydrates, 17.71g of fat, 60.93mg of calcium, and 6.25g of dietary fiber. Angelica is known for its unique spicy flavor and appetite-boosting properties. Quinoa can be replaced with brown rice, multi-grain rice, or other types of rice. For vegetarians, replace pork with tofu. Adding black sesame seeds enhances flavor and nutrition. If angelica is

unavailable, green onions or chives can be used. For a softer texture, cook the rice with half a cup of broth or milk.

Five-Element Vegetable Soup is a nutritious and simple dish made with 50g of onion, 20g of carrot, 50g of cabbage, 20g of fresh shiitake mushrooms, 20g of fresh black fungus, 10g of celery, and 50g of fresh tofu skin. For seasoning, use 1/8 teaspoon (0.8g) of salt, a pinch (0.3g) of white pepper, a dash (0.2g) of sesame oil, and 1 teaspoon (5g) of canola oil. To prepare, wash and cut all the vegetables into strips. Heat 1 teaspoon of oil in a pot, add the onion, and sauté until fragrant. Add the other vegetables and stir-fry over medium-low heat until half-cooked. Season with salt and white pepper. Add water (enough to cover the vegetables) and simmer until the vegetables are cooked through. Add the tofu skin and bring to a boil. Finally, add a dash of sesame oil before serving. This soup provides 208.59 kcal per 100g, with 14.86g of protein, 13.92g of carbohydrates, 10.96g of fat, 86.90mg of calcium, and 4.55g of dietary fiber. Vegetables can be substituted with seasonal and local produce. Adding whole wheat noodles makes it a complete meal, and an egg can be added for more protein. For those with chewing difficulties, cut the ingredients into smaller pieces or blanch them.

Tomato and Nut Pasta is a hearty and nutritious meal made with 600g of tomatoes, 900g of cabbage, 200g of apple, 300g of green beans, 900g of spiral pasta, 900g of sweet potato, 300g of white fungus, 200g of cheese slices, 300g of shimeji mushrooms, 300g of soybeans, and 200g of raw cashews. For seasoning, use 100g of sunflower oil and 25g of salt. To prepare, cut the ingredients into chunks or dice and set aside. Place all ingredients (except the green beans) in a pot, add water until the ingredients are submerged (about 80% full), cover, and cook until the aroma is released, indicating that the ingredients are cooked. Add the green beans, cover, and cook for another 3 minutes or until the pasta reaches the desired tenderness. Season to taste. This dish provides 358.1 kcal per serving, with 14.3g of protein, 12.0g of fat, 48.1g of carbohydrates, 5.4g of dietary fiber, 521.6mg of sodium, and 120.0mg of calcium. For making the tomato sauce, blend large tomatoes and freeze for later use. Cherry tomatoes can be used as a substitute but watch the quantity if managing blood sugar levels. This meal provides 18% of the daily recommended intake of dietary fiber.

Pesto Clam Pasta is a savory and nutritious dish made with 900g of clams, 500g of beech mushrooms, 200g of cheese slices, 800g of white fungus, 400g of soybeans, a bit of pesto, 300g of pumpkin seeds, 300g of enoki mushrooms, 960g of milk, 1200g

of cabbage, 1000g of pasta, 100g of sunflower oil, and 25g of salt. To prepare, shred the ingredients into bite-sized pieces and break the pasta into thirds before placing in the pot. Add all ingredients (except the pesto and clams) to the pot, add enough water to cover the ingredients by 5-10 cm, cover, and cook until the aroma is released, indicating that the ingredients are cooked. Add the pesto and clams, cover, and cook for another 5 minutes or until the clams open. Season to taste and serve. This dish provides 413.6 kcal per serving, with 21.1g of protein, 16.7g of fat, 44.6g of carbohydrates, 7.0g of dietary fiber, 843.4mg of sodium, and 181.0mg of calcium. Soybeans are a high-quality protein source. This meal includes three servings of protein foods (beans, fish, eggs, meat). Homemade pesto can be made by blending fresh basil with salt and salad oil, freezing in an ice tray for convenience. Basil adds a unique flavor and can help in low-salt cooking. This meal provides 23.3% of the daily recommended intake of dietary fiber.

Cheese and Toona Mixed Risotto is a flavorful and nutritious dish made with 600g of bok choy, 400g of spinach, 900g of rice, 200g of cheese slices, 200g of sunflower seeds, 400g of corn kernels, 900g of shredded pork, 400g of black fungus, 400g of carrots, 300g of shimeji mushrooms, 100g of sunflower oil, 100g of plain toona sauce, and 25g of salt. To prepare, chop the black fungus and carrots finely using a food processor. Place all ingredients (except the bok choy, spinach, and toona) into a pot, add water to cover the ingredients by 1 cm, and stir well. Cover the pot and cook until the aroma is released, indicating the ingredients are cooked. Add the bok choy, spinach, and toona sauce, stir to combine, and season to taste before serving. This dish provides 315.8 kcal per serving, with 15.4g of protein, 11.7g of fat, 37.4g of carbohydrates, 3.6g of dietary fiber, 290.8mg of sodium, and 108.1mg of calcium. Cheese slices contribute high-density calories without increasing food volume, and toona adds a unique aroma ideal for low-sodium cooking.

Surf and Turf Salad is a delightful and refreshing dish for six, featuring 2 chicken legs, 6 shrimp, 12 clams, 200g of iceberg lettuce, 8 cherry tomatoes, and 2 kiwis. For the dressing, blend ½ kiwi with 3 cups of strawberry yogurt. Prepare by deboning and dicing the chicken legs, deveining and peeling the shrimp, and washing and tearing the lettuce into pieces. Halve the cherry tomatoes and dice the 2 kiwis. Boil the chicken, shrimp, and clams until cooked, then drain and place on the lettuce bed, topping with cherry tomatoes and kiwi. Drizzle with the kiwi yogurt dressing before serving. This salad provides 884 kcal per serving, with 119g of carbohydrates, 48.9g of protein, 23.6g of fat, and 7.6g of dietary fiber.

Golden Yogurt Salad is a creamy and nutritious dish made with 200g of sweet potatoes, 3 cups of plain yogurt, 12 cherry tomatoes, 6 florets each of white and green cauliflower, and 6 shrimp. To prepare, slice and cook the sweet potatoes, then blend them with yogurt into a dressing. Blanch the shrimp and cauliflower, halve the cherry tomatoes, mix all ingredients, and top with the sweet potato yogurt dressing. This salad provides 637 kcal per serving, with 106.6g of carbohydrates, 25.2g of protein, 12.2g of fat, and 9.63g of dietary fiber.

Fresh Salad is a vibrant and healthy dish for six, made with 100g of lettuce, 1 tomato, 6 okra, 30g of onion, 6 baby corns, 10 cherry tomatoes, 2 slices of whole wheat bread, 3 boiled eggs, and a handful of almond flakes. For the dressing, use Italian salad dressing and a pinch of salt. Prepare by washing, drying, and cutting the vegetables. Blanch the okra and baby corn, then cool and drain. Tear the lettuce into small pieces, place in a bowl with tomato slices, okra, baby corn, cherry tomatoes, boiled egg slices, and onion. Top with toasted whole wheat bread croutons and almond flakes, and drizzle with Italian dressing before serving. This salad provides 739 kcal per serving, with 52g of carbohydrates, 35.2g of protein, 43.3g of fat, and 103g of dietary fiber.

Double Sweet Potato Salad is a hearty and nutritious dish for six, made with 270g of potatoes, 220g of sweet potatoes, 1 cup of yogurt, ½ carrot, 2 eggs, and 2 kiwis. For seasoning, use 1 teaspoon of salt and 1 teaspoon of vinegar. Prepare by washing, peeling, and steaming the potatoes, sweet potatoes, carrot, and eggs together. Mash the potatoes and sweet potatoes, dice the carrot and eggs. Mix all the ingredients with yogurt, salt, and vinegar, then top with kiwi slices. This salad provides 972 kcal per serving, with 171g of carbohydrates, 32.5g of protein, 17.5g of fat, and 20.1g of dietary fiber. Mixing potatoes and sweet potatoes makes a nutritious and filling main dish

Thai Seafood Salad is a flavorful and refreshing dish for six, made with 300g of cuttlefish, 12 shrimp, 200g of clams, 1 stalk of lemongrass, 2 kaffir lime leaves, ½ a carrot, 1 onion, 100g of cucumber, 12 cherry tomatoes, and 1 tablespoon of chopped cilantro. For the dressing, use 4 cloves of garlic, ½ red chili, juice from 2 lemons, and 1.5 tablespoons of fish sauce. To prepare, peel the garlic, slice the cuttlefish, devein and peel the shrimp, and thinly slice the lemongrass, onion, cherry tomatoes, and cucumber. Shred the kaffir lime leaves and carrot. Blanch the seafood for about 40 seconds, drain well. Mince the garlic and chili, mix with fish sauce, lemon juice, and cilantro. Toss the blanched seafood with the vegetables and dressing. This salad



provides 593 kcal per serving, with 55.2g of carbohydrates, 79.7g of protein, 5.9g of fat, and 9.5g of dietary fiber.

Fruit Breeze Salad is a delightful and colorful dish for six, featuring 100g of lettuce, 50g of bacon, 1 golden kiwi, 1 apple, ¼ pineapple, and 1 mango. For the dressing, mix 50cc of yogurt with 30cc of mulberry sauce. Prepare by frying the bacon until crisp and cutting it into pieces. Peel and dice the fruits. Tear the lettuce into small pieces and place them on a serving plate. Arrange the fruits and bacon on top, then drizzle with the mulberry yogurt dressing. This salad provides 718 kcal per serving, with 119.4g of carbohydrates, 18.9g of protein, 18.3g of fat, and 13.8g of dietary fiber.

Yogurt Fruit Salad is a nutritious and refreshing dish for six, made with 2 tomatoes, 200g of lettuce, 200g of cucumber, 1 Thai guava, 1 pound of watermelon, ½ pound of cantaloupe, and 15 raisins. For the dressing, mix 3 tablespoons of yogurt with 2 tablespoons of mayonnaise, 1 tablespoon of ketchup, ½ cup of chopped onion, and the juice of 1 lemon. Prepare by washing and drying the lettuce, then tearing it into small pieces. Dice the fruits, tomatoes, and cucumber, and mix them with the yogurt and fruits. Add a few raisins for extra texture. Finally, drizzle with the homemade dressing and mix well. Chill before serving for the best taste. This salad provides 954 kcal per serving, with 164.3g of carbohydrates, 21.1g of protein, 23.6g of fat, and 31.4g of dietary fiber.

Chicken and Potato Salad is a hearty and satisfying dish for six, made with 100g of chicken breast, 5 crab sticks, 2 boiled eggs, 3 medium potatoes, 1 tomato, 1 onion, ½ cup of finely chopped pickles, 1 lemon, 1 cup of yogurt, 25g of mustard, and a suitable amount of black pepper. To prepare, cook the chicken, eggs, potatoes, tomato, and onion, then dice them. Mix with the finely chopped pickles and shredded crab sticks. Place the ingredients in a salad bowl, add black pepper, yogurt, and mustard. Squeeze lemon juice over the salad and mix well. This salad provides 992 kcal per serving, with 125g of carbohydrates, 68.1g of protein, 24.4g of fat, and 14.7g of dietary fiber.

No Mom at Home Salad is a simple and quick dish for six, featuring 300g of lettuce, 180g of canned tuna in water, 300g of corn kernels, a bit of furikake (Japanese seasoning), and 3 tablespoons of salad dressing. To prepare, wash and tear the lettuce into small pieces. Add the tuna and corn, mix well. Drizzle with salad dressing and sprinkle with furikake. This salad provides 797 kcal per serving, with 64.9g of carbohydrates, 52.1g of protein, 36.6g of fat, and 11.7g of dietary fiber.

Water Bamboo Salad is a refreshing and nutritious dish for six, made with 3 water bamboo shoots, ¼ onion (thinly sliced), a small bunch of cilantro, 1 teaspoon of minced ginger, 1 teaspoon of minced garlic, 1 teaspoon of minced red chili, 2 teaspoons of crispy peanuts, 1 teaspoon of Thai fish sauce, 2 teaspoons of lemon juice, and 1 teaspoon of sugar. To prepare, peel and cut the water bamboo into small oblique pieces, blanch them in boiling water until cooked, then place them in a large bowl. Mix the bamboo shoots with the other ingredients and seasoning in the bowl, then sprinkle with crispy peanuts. This salad provides 217 kcal per serving, with 32.4g of carbohydrates, 9.8g of protein, 5.4g of fat, and 9.7g of dietary fiber. Water bamboo is low in calories and high in water content, making it an excellent choice for maintaining a healthy weight in summer.

Fruit Vinegar Salad with Fresh Oysters and Longan is a unique and flavorful dish for four, made with 300g of fresh oysters, 100g of longan, 30g of cucumber, some sesame leaves, sesame seeds, and cherry radishes for garnish. For the dressing, use 30ml of soy sauce, 50ml of lemon juice, 30g of sugar, 10g of sesame oil, and 5g of perilla oil. To prepare, clean the oysters with salt and cornstarch, blanch until just cooked, and then chill them in ice water. Peel and halve the longan, removing the seeds, and chill them. Cut the cucumber into thin strips and soak in ice water. Slice the cherry radishes for garnish. Make the dressing by mixing the soy sauce, lemon juice, sugar, sesame oil, and perilla oil. Arrange the chilled oysters, longan, and cucumber on a plate, drizzle with the dressing, and garnish with sesame leaves, sesame seeds, and cherry radish slices. This salad provides 149.6 kcal per serving, with 20g of carbohydrates, 9.2g of protein, 4.4g of fat, and 0.6g of dietary fiber. Longan is rich in vitamins B and C, as well as minerals like calcium, phosphorus, and iron. It has high sweetness and calories and is beneficial for blood and spleen health, particularly for women postpartum or during menstruation.

Red Quinoa and Yam Tofu Salad is a nutritious and vibrant dish for four, made with 100g of cucumber, 170g of tofu, 140g of yam, 40g of cherry tomatoes, 30g of green curly lettuce, and 20g of Taiwanese red quinoa. For the dressing, use 150ml of homemade citrus soy sauce and some Hakka kumquat sauce. To prepare, rinse the red quinoa and steam it with an equal amount of water. Peel and cut the yam into sticks and soak in citrus soy sauce. Peel the cucumber into ribbons. Peel and quarter the cherry tomatoes. Blanch the tofu and cut into small cubes. Arrange the cucumber ribbons on a plate, top with the yam sticks, tofu cubes, cherry tomato quarters, and lettuce. Drizzle with a small amount of citrus soy sauce and dot with Hakka kumquat

sauce, then sprinkle with red quinoa. This salad provides 42.1 kcal per serving, with 5.6g of carbohydrates, 2.8g of protein, 1g of fat, and 1.1g of dietary fiber. Red quinoa is high in dietary fiber, which aids in satiety, cholesterol regulation, and digestive health. Yam contains phytoestrogens beneficial for hormone regulation and bone health, while tofu provides high-quality plant protein and soy lecithin, supporting brain and vascular health.

Golden Black Fungus is a flavorful and healthy dish for three, made with 300g of black fungus, 50g of carrots, and 35g of garlic. For the dressing, use 35g of sugar, 35g of vinegar, 10g of salt, 15ml of sesame oil, 20ml of perilla oil, and 30g of fermented tofu. To prepare, clean and trim the hard parts off the black fungus, blanch in boiling water with a little salt for about 2 minutes, then chill in ice water. Peel and cut the carrots into small pieces, mix with perilla oil, and steam until soft. Peel and trim the garlic, then blend with the steamed carrots, fermented tofu, sugar, vinegar, and sesame oil into a paste. Arrange the chilled black fungus on a plate and drizzle with the golden dressing. This dish provides 126.6 kcal per serving, with 15.5g of carbohydrates, 1.4g of protein, 2.5g of fat, and 5.3g of dietary fiber. Black fungus is known for its vascular benefits and is rich in vitamins and minerals. Its high dietary fiber content aids in bowel health and improves gut microbiota. It's a low-calorie, nutrient-dense food, making it an excellent choice for dietary management.

Lychee Chicken Rolls with Vinaigrette is a delicious and refreshing dish for three, made with 260g of chicken breast, 15g of lychee, 10g of cucumber, 9g of olive oil, and 5g of asparagus. For the vinaigrette, use 2g of plum vinegar, 1g of salt, and 1g of soy sauce. To prepare, peel the cucumber into thin slices, cut the asparagus into small pieces and blanch. Use a carving knife to cut around the middle of the lychee to remove the seed while keeping the shell intact. Slice the chicken breast into thin pieces, cook until golden brown, and season with salt. Place the cucumber, asparagus, and lychee pieces on the chicken slices and roll tightly. Stuff the rolls into the lychee shells and drizzle with the vinaigrette made by mixing olive oil, plum vinegar, and soy sauce in a 2:1:1 ratio. This dish provides 144.6 kcal per 100g, with 1.5g of carbohydrates, 23.2g of protein, 4.4g of fat, and 0.1g of dietary fiber. Lychee is rich in vitamins B and C, dietary fiber, and minerals such as potassium, magnesium, calcium, iron, and zinc. It enhances antioxidant capacity and has anti-inflammatory properties.

Taiwanese Red Quinoa and Mushroom Warm Salad with Vinaigrette is a nutritious

dish for two, made with 50g of beech mushrooms, 50g of mushrooms, 40g of lettuce, 20g of Taiwanese red quinoa, 10g each of red and yellow bell peppers, 5g of curly lettuce, and 5g of flame lettuce. For the vinaigrette, use 3ml of lemon juice, 20ml of water, 1g of salt, 1g of sugar, 5ml of Italian balsamic vinegar, and 15ml of olive oil. To prepare, rinse the red quinoa and steam with an equal amount of water for 20 minutes, then cool. Mix olive oil (10ml), balsamic vinegar, and lemon juice to make the dressing. Wash the lettuce and soak in ice water for 10 minutes, then drain. Cut the bell peppers into strips and slice the mushrooms. Heat a pan with 5ml of oil, add the mushrooms and sugar, and sauté, then season with salt. Mix the quinoa and lettuce in a bowl, place on a plate, and top with bell peppers, mushrooms, and lettuce leaves. Drizzle with the vinaigrette to serve. This salad provides 144.7 kcal per 100g, with 12.8g of carbohydrates, 3.9g of protein, 1.9g of fat, and 3.2g of dietary fiber. Red quinoa is high in dietary fiber, antioxidants, and essential minerals. Mushrooms are rich in polysaccharides, B vitamins, and dietary fiber, providing antioxidant and immune-regulating benefits.

Garden Vegetable Pork Salad with Italian Vinaigrette is a vibrant dish for two, made with 80g of pork slices, 15g each of yam, Taiwanese red quinoa, lotus root or bamboo shoots, peas, asparagus, and beans. For the dressing, use 15ml of extra virgin olive oil, 1.5g of salt, a pinch of black pepper, 5ml of Italian balsamic vinegar, and 10ml of lemon juice. To prepare, rinse the red quinoa and cook with water until done, then cool. Boil water with salt in two pots. Peel and dice the lotus root or bamboo shoots, cut the asparagus, and clean the beans and peas. Blanch each vegetable and the pork slices separately, then cool in pure water. Peel and dice the yam, blanch, and cool. Mix the cooked vegetables with salt, lemon juice, and black pepper in a bowl. Sprinkle salt and pepper on the pork slices and place them on top of the mixed vegetables. Serve with a dressing made of olive oil, balsamic vinegar, salt, and black pepper. The lotus root version provides 217.8 kcal per 100g, with 14.2g of carbohydrates, 11g of protein, 7g of fat, and 3.23g of dietary fiber. The bamboo shoot version provides 228.9 kcal per 100g, with 10.2g of carbohydrates, 9.3g of protein, 16.7g of fat, and 2.2g of dietary fiber. Taiwanese red quinoa is rich in iron, calcium, and dietary fiber, offering numerous health benefits.

Health-Boosting Herbal Steamed Egg is a nourishing dish for three, made with 200g of eggs, 50g of beech mushrooms, 50g of yam, 50g of green peas, 10g of astragalus, 8g of red dates, 5g of goji berries, 2g of angelica, and 250ml of water. To prepare, simmer the astragalus, red dates, and angelica in water for 50 minutes, then add the goji berries and let cool. Break apart the beech mushrooms and dice the yam. Strain

the herbal mixture, reserving the goji berries. Beat the eggs and mix with the strained liquid, then strain again. Pour the egg mixture into a steaming container, filling it halfway, and add green peas and yam. Leave the lid slightly open and steam for 15 minutes until partially set. Top with the mushrooms, yam, green peas, and goji berries, then pour in the remaining egg mixture. Steam until fully cooked. This dish provides 70.1 kcal per 100g, with 5g of carbohydrates, 6g of protein, 3.2g of fat, and 1.3g of dietary fiber. Angelica boosts immunity, red dates are rich in vitamins and minerals, goji berries protect the liver and regulate blood sugar, and mushrooms provide antioxidants and immune support.

Sesame Yam Noodles is a simple and nutritious dish for one, made with 75g of yam and 1 bamboo leaf. For the dressing, use 15g of sesame paste, 10g of sesame vinaigrette, and 15g of mirin. To prepare, wash and peel the yam. Shred the yam into thin strips and roll them up, placing them on the bamboo leaf. Mix the sesame paste, sesame vinaigrette, and mirin thoroughly to create a flavorful dressing. Drizzle the sesame dressing over the yam noodles. This dish provides 128 kcal per 100g, with 20g of carbohydrates, 3g of protein, 0.1g of fat, and 1.2g of dietary fiber. Yam contains phytoestrogens that can help regulate hormones and improve bone health. It also has diosgenin, which has various antioxidant properties. Sesame oil contains alpha-linolenic acid, which can reduce inflammation and regulate blood cholesterol and triglycerides.