



Chinese Style Cucumber Salad Appetizer

Cucumber is a very refreshing fruit to have during summer. It consists of ~95% of water, which is essential for hydration, keeping your skin hydrated and organs healthy.¹ Cucumber is also high in vitamin C and K. Vitamin C strengthens immunity, accelerates metabolism and brightens dark spots on skins, while vitamin K is good for blood clotting.

Garlic is known for its anti-inflammatory properties. It proves to boost immunity to fight against sickness, reduce blood pressure and reduce low density cholesterol (the bad cholesterol).² Garlic is also rich in antioxidants, such as vitamin C, B6 and manganese, which help prevent and/or delay dementia from worsening.³

Ginger can reduce nausea from pregnancy and cancer treatment, reduce pain, and reduce inflammation.³ Moreover, the gingerols found in ginger has anti-cancer properties which help prevent various cancers, such as breast, ovaries, blood, lung and colon cancer.

Easy Chinese Cucumber Salad by Omnivore's Cookbook⁴

Serving: 2-4

Prep Time: 5 mins | Cook Time: 0 | Total Time: 5 mins

Ingredients:

- 2 English cucumbers
- 3 cloves garlic, minced
- 1 teaspoon of freshly chopped or powder ginger
- 1 tablespoon Chinkiang vinegar (or rice vinegar)
- 1 tablespoon light soy sauce
- 1 teaspoon honey or brown sugar
- 1/2 teaspoon salt
- 1/2 teaspoon sesame oil
- 1/2 teaspoon chili oil

Instructions:

1. Dry the cucumbers with a paper towel. Place cucumbers on a large cutting board and carefully use a cleaver to crush it. Then cut into bite size pieces and place them into a bowl. Top with garlic.
 2. Combine ginger vinegar, soy sauce, honey, salt, sesame oil and chili oil in a small bowl and mix well.
 3. Pour the sauce mixture over the cucumbers and mix well. Enjoy right away.
- Side note: do not add the sauce mixture beforehand; it would cause the cucumber to excrete water and dilute the sauce.

Nutrition Facts

Serving Size 1/4 of recipe (114 g)
Servings per container 4

Amount Per Serving

Calories	30	Calories from Fat	7
% Daily Value*			
Total Fat	1g	1%	
Saturated Fat	0g	0%	
Trans Fat	0g		
Cholesterol	0mg	0%	
Sodium	519mg	22%	
Total Carbohydrate	5g	2%	
Dietary Fiber	1g	3%	
Sugars	3g		
Protein	1g		
Vitamin A	1%	• Vitamin C	7%
Calcium	2%	• Iron	2%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

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Sources:

1. Cucumbers: Health Benefits, Facts, Research. Medical News Today. <http://www.medicalnewstoday.com/articles/283006.php>. Updated July 6, 2017. Accessed July 17, 2017.
2. 11 Proven Health Benefits of Garlic. Authority Nutrition. <https://authoritynutrition.com/11-proven-health-benefits-of-garlic/>. Reviewed on Jan 19, 2017. Accessed on July 17, 2017.
3. Ginger: Health Benefits, Facts, Research. Medical News Today. <http://www.medicalnewstoday.com/articles/265990.php>. Updated Jan 5, 2016. Accessed July 17, 2017.
4. Easy Chinese Cucumber Salad. Omnivore's Cookbook. <http://omnivorescookbook.com/recipes/easy-chinese-cucumber-salad>. Accessed July 17, 2017.

簡易拍打小黃瓜



黃瓜(青瓜)是一種非常清甜的蔬果。它含有 95 % 水分，保持皮膚滋潤和身體健康。¹ 此外，黃瓜含有豐富的維生素 C 和維生 K。維生素 C 能增強免疫力，促進新陳代謝，減淡色斑。維生素 K 則有助加快血液凝固。

大蒜以其抗炎性質而聞名，可以增強免疫力，提高抗病能力，降低血壓和降低低密度膽固醇(壞膽固醇)。² 大蒜還含有豐富的抗氧化成分，如維生素 C, B6 和錳，都有助於預防和延緩癡呆症的惡化。

姜有助減輕懷孕時和癌症治療其間的噁心，減輕疼痛，減輕炎症。³ 此外，姜黃素具有抗癌特性，有助於預防各種癌症，如乳腺癌，卵巢癌，血液病，肺癌和結腸癌。

簡易拍打小黃瓜 by Omnivore's Cookbook⁴

份量: 2-4 人

預備時間 : 5 分鐘 | 烹煮時間 : 0 分鐘 | 總時間 : 5 分鐘

配料 :

- 2 個中等黃瓜
- 3 瓣大蒜，切碎
- 1 茶匙新鮮切碎的姜或姜粉末
- 1 湯匙新鮮醋 (或米醋)
- 1 湯匙淡醬油
- 1 茶匙蜜糖或黃糖
- 1/2 茶匙鹽
- 1/2 茶匙芝麻油
- 1/2 茶匙辣椒油

步驟 :

1. 用紙巾輕輕拍乾黃瓜。將黃瓜放在一個大的砧板上，用刀背拍打黃瓜，然後切成小塊，放入碗中。加入切碎的大蒜。
2. 將姜，醋，醬油，蜂蜜，鹽，芝麻油和辣椒油混合在一個小碗中，拌勻。
3. 將醬汁混合物倒入黃瓜上，拌勻。可即刻享用。

附註：不要預先將醬料混合物添加上黃瓜，這會使黃瓜出水，稀釋醬汁。

資料來源:

1. Cucumbers: Health Benefits, Facts, Research. Medical News Today.

<http://www.medicalnewstoday.com/articles/283006.php>. Updated July 6, 2017. Accessed July 17, 2017.

2. 11 Proven Health Benefits of Garlic. Authority Nutrition. <https://authoritynutrition.com/11-proven-health-benefits-of-garlic/>. Reviewed on Jan 19, 2017. Accessed on July 17, 2017.

3. Ginger: Health Benefits, Facts, Research. Medical News Today.

<http://www.medicalnewstoday.com/articles/265990.php>. Updated Jan 5, 2016. Accessed July 17, 2017.

4. Easy Chinese Cucumber Salad. Omnivore's Cookbook. <http://omnivorescookbook.com/recipes/easy-chinese-cucumber-salad>. Accessed July 17, 2017.

營養資料		
每份量: 115 克	本食譜食用的份量含: 4 份	
每份量		
總熱量(卡路里) 30	脂肪總熱量: 7	
	每日百分比值(%)*	
脂肪總量 1 克	1%	
飽和脂肪 0 克	0%	
反式脂肪 0 克		
膽固醇 0 毫克	0%	
鈉 519 毫克	22%	
碳水化合物 5 克	2%	
膳食纖維 1 克	3%	
糖 3 克		
蛋白質 1 克		
維生素 A	1%	維生素 C 7%
鈣	2%	鐵 2%

*每日百分比值是基於 2000 卡路里膳食。因應你個人卡路里的需求，您每日卡路里數值會這個值較高或較低。

來源:www.NutritionData.com

