

食譜

Recipes



Mr Tomato

Ingredients:

(Serves about 4 persons)

Tomato	4 medium
Cucumber (diced)	¼ bowl
Sweet corn (boiled)	¼ bowl
Egg	2 pieces
Raisins	2 tablespoons
Low-fat cheese	1 slice
Black olive	2 pieces
Low-fat plain yoghurt	2 tablespoons

(Remark: 1 bowl = 250-300 ml)



Method:

1. Boil the egg. Dice and set aside.
2. Wash and finely dice the cucumber. Set aside.
3. Wash the tomatoes. Cut the tomato tops off and remove the seeds. Set aside.
4. Wash and slice the black olives.
5. Cut the cheese into the shape of smiling lips.
6. Mix the diced eggs, cucumbers, sweet corn and raisins with the low-fat yoghurt.
7. Stuff the ingredients into the tomatoes. Place 2 pieces of black olives as eyes at the edge of each of the tomatoes. Place the "smiley" cheese on each of the tomatoes as mouth (can also serve cold).



Nutrition Tips

1. Raisins contain natural sweetness and aroma that can sweeten the dishes they were added to. Therefore, no sugar is needed for the recipe.
2. Replace salad dressing with low-fat yoghurt can reduce fat intake as well as increase calcium intake.
3. Egg is rich in protein and contains unsaturated fatty acids and fat-soluble vitamins.
4. It is healthier to replace black olives with blueberries.