



番茄先生

Mr Tomato

Serves

4

人分量



食材 Ingredients

番茄 (中型)	4個	Tomato	4 medium
青瓜 (切粒)	¼碗	Cucumber (diced)	¼ bowl
粟米粒 (焯熟)	¼碗	Sweet corn (boiled)	¼ bowl
雞蛋	2隻	Egg	2 pieces
提子乾	2湯匙	Raisins	2 tablespoons
低脂芝士	1片	Low-fat cheese	1 slice
黑橄欖	2粒	Black olive	2 pieces
低脂純味乳酪	2湯匙	Low-fat plain yoghurt	2 tablespoons

(註：1 碗 = 250-300毫升) (Remark: 1 bowl = 250-300 ml)

烹調步驟 Cooking Method

1. 雞蛋焗熟、切粒備用。
2. 青瓜洗淨切幼粒備用。
3. 番茄洗淨，切去頂部並把核挖出，備用。
4. 黑橄欖洗淨、切片。
5. 芝士切哈哈笑口的形狀。
6. 將雞蛋碎、青瓜粒、粟米粒、提子乾及低脂乳酪拌好備用。
7. 將食材釀入番茄內，並於番茄的切口位放上2片黑橄欖作眼睛，而切成哈哈笑口的芝士則放在番茄上作嘴巴（冷凍食亦可）。



自製健康小食的貼士

Tips for home-made healthy snacks

1. 提子乾本身已擁有濃郁的天然甜香，提升食物的甜味，因此食譜無需加糖。
2. 以低脂乳酪代替沙律醬可減少脂肪及增加鈣質攝取。
3. 雞蛋含豐富的蛋白質，而且含不飽和脂肪酸和脂溶性維生素。
4. 以藍莓代替黑橄欖更健康。

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.

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 plain 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).