

健康小貼士
Health TipsTomatoes
番茄

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**簡介：**

番茄是一種常見的蔬菜，極具營養價值，除含有豐富的維生素外，還是一種低卡路里的食材，而且更富含有益人體健康的類胡蘿蔔素，包括茄紅素及胡蘿蔔素。番茄除可配合各種食材及烹調方法入菜外，還能洗乾生食、做成沙拉等，十分方便。

番茄的好處：

番茄為熱量相當低的蔬菜，且富含膳食纖維，對於減重中的人來說是一種常用的食材。

番茄是良好的抗氧化維生素來源，如維生素 C、維生素 E。

番茄含有大量的茄紅素，是相當有效的抗氧化物質，同時也具有抗癌作用（特別是前列腺癌）。

番茄富含胡蘿蔔素，可轉化成維生素 A，幫助視力保健。

番茄的挑選：

番茄在市場上是相當常見的食材，在購買時，可先用鼻子聞一下番茄蒂頭附近的味道，好的番茄應有強烈的甜

INTRODUCTION:

Tomato is a widely grown vegetable, which is rich in vitamins and low in calories. The carotenoid in tomatoes, such as lycopene and carotene, is beneficial to our health. Tomatoes can be incorporated into our diet in versatile ways. Moreover, it can be eaten uncooked or be prepared as a salad, etc. It is really convenient.

BENEFITS OF TOMATOES:

A tomato contains few calories and is rich in dietary fiber. Thus it is one of the foods recommended for weight reduction.

A tomato is a great source of a variety of antioxidative vitamins, such as Vitamin C and Vitamin E.

A tomato contains a great amount of lycopene, which is an effective antioxidant and anti-carcinogen substance (especially for prostate cancer).

A tomato contains carotene, which is a precursor of Vitamin A and is beneficial to vision.

SELECTION:

Tomatoes are readily available in the market. When you buy a tomato, smell its stem. The stronger odor, sweet and earthy, a tomato has, the fresher it is. A good tomato should be firm but not too hard. Avoid the one with dry and wrinkled skin, cuts or bruises.



氣，同時帶點泥土味，且氣味強烈與新鮮度成正比。拿在手上時，應有結實但不堅硬的手感。同時，應盡量避免購買表皮乾皺、凹陷或有裂口的番茄。

番茄的料理與製作：

把番茄用清水清乾淨，以去除表面的污泥及殘餘農藥。

番茄的烹調方式十分多樣，如快炒、熬湯等，此外，新鮮番茄也可直接食用，或做成沙拉。以下是一個簡單的推薦菜單：

材料：

番茄 4 顆	橄欖油 1 湯匙
牛油果 2 顆	青檸汁 2 湯匙
小黃瓜 1 條	羅勒葉、鹽、黑胡椒
大蒜 1-2 瓣	適量

步驟：

番茄、牛油果、小黃瓜洗淨。
番茄、牛油果切成適當大小之粒狀，小黃瓜切片，大蒜切成細末。
將番茄、牛油果、小黃瓜、大蒜混和。
加入橄欖油、羅勒葉、鹽、黑胡椒並拌勻。
食用前加入青檸汁拌勻即可。

PREPARATION AND SERVING:

Wash the tomato thoroughly with tap water in order to remove the dirt, soil and any insecticides left on the skin.

Tomatoes can be prepared with various cooking methods, such as stew-frying or simmering. Fresh tomatoes can be eaten uncooked or be prepared as a salad. Here is a suggested recipe:

INGREDIENTS:

4 tomatoes
2 avocados
1 cucumber
1-2 cloves of garlic
1 tablespoon of olive oil
2 tablespoons of lime juice
Basil, salt, black pepper of an appropriate amount

PROCEDURE:

Wash the tomatoes, avocados and cucumber thoroughly with tap water.
Dice the tomatoes and avocados. Slice the cucumber.
Mince the garlic.
Mix the tomatoes, avocados, cucumber and garlic together.
Season with olive oil, basil, salt and black pepper.
Add lime juice before it is served and mix well.