



Qoob Sau

ntawm lub

Hlis®

Rau Hli Ntuj

ZAUB SIB TOV CACTUS

Khoom Sib Tov:

(Ua 4 qho qee noj ntawm 1 1/2 khob ib qho)

- 1 khob nplooj cactus tu huv si thiab txhoov mos nyoos los yog 1 fwj cactus (14-ounce), tsi kua thiab yaug dej
 - 1 lub me nyuam dos dawb, suam
 - 1 lub kua txob serrano, txhoov mos nyoos
 - 3 maum diav kua qaub
 - 1 hau zaub romaine lettuce, tsuav
 - 1 lub txiv lws suav, txhoov mos nyoos
 - 2 lub radishes, suam nyias ntsais
 - 2 maum diav zaub txhwb txhoov tshiab khiv
- Mozzarella cheese, txhuam (nyob ntawm nyiam)
1. Nyob rau hauv ib lub tais loj pes nrab, tov cov cactus, dos, kua txob, thiab kua qaub. Cia txawb tseg li 15 rau 30 feeb.
 2. Tso cov lettuce rau hauv ib lub phaj los yog tais loj nteev.
 3. Tshooj saum toj nrog cov khoom tov cactus, txiv lws suav, radishes, zaub txhwb, thiab cheese. Muab noj tam sim.

Sau dua los ntawm: *Healthy Latino Recipes Made With Love, California Latino 5 a Day Campaign, 2004.*

Cia Li Ua Kom Ib Ce Khov Kho!

- Koj yog ib tug ua qauv. Nws yog ib qho tseem ceeb kom koj tus me nyuam pom koj nyob nquag plias thiab nyob dawb huv.
- Mus khiav thaum sawv ntxov los yog thaum tsaus ntuj. Kom koj tus me nyuam caij ib lub luv tee npuab koj ib sab.
- Qhia koj tus me nyuam txog ib qho ntawm koj tej kev sib tw ntxim siab tshaj plaws thaum me nyuam yaus.

Rau tej tswv yim ua kom ib ce khov kho ntxiv, mus xyuas:

www.kidnetic.com

Nutrition Facts

Serving Size: 2 cups, green leaf (72g)

Amount per Serving

Calories 10 Calories from Fat 0

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 20mg 1%

Total Carbohydrate 2g 1%

Dietary Fiber 1g 4%

Sugars 0g

Protein 1g

Vitamin A 106%

Calcium 2%

Vitamin C 22%

Iron 4%

Source: www.nutritiondata.com

Kev Nyob Dawb Huv thiab Kev Vam Meej Kev Kawm Mus Ua Ke Nraim

Nws tau muaj tim khawv tias cov tub kawm ntawv uas noj dawb huv thiab muaj yam tsawg ib xuaj moo ntawm kev siv dag zog txhua hnub yeej kawm tau zoo dua hauv tsev kawm ntawv thiab muaj zog tshaj. Kav tsij lom zem nrog California lub caij ntuj qhua nplua mag Qoob Sau ntawm lub Hlis thiab ntsuam xyuas, saj, thiab kawm txog kev yuav noj txiv hmab txiv ntoo thiab zaub ntau ntxiv li cas kom nyob nquag plias txhua hnub.

Qoob Sau ntawm lub Hlis hom zaub raug nthuav txog yog

salad ntsuab



Tswv Yim Ceev Txhiam Laj Txhiam Xws

- Nrhiav tej nplooj zaub ntsuab doog nkawv. Xaiv tej hau zaub lettuce uas ntom nti thiab ceev npo.
- Kev ceev tej nplooj zaub ntsuab, qhwv lawv rau hauv ntawv ntxaum dej noo zaw. Tso rau hauv tshuab txias (refrigerator) ntim hauv hnab yas tho qhov kom dim pa. Yog tias ceev tseg yam tsim nyog, tej nplooj zaub ntsuab (butterhead thiab leaf lettuce) feem ntau yuav kav ib lim tiam. Romaine lettuce muaj peev xwm kav txog li 10 hnub.
- Yaug zaub lettuce nrog dej txias los yog raus tej nplooj zaub rau hauv dej txias thiab xuas tes do kom huv av. Tso tej nplooj zaub lettuce rau saum ntawv txaum dej thiab maj mam npuaj npuaj kom qhuav.

Kev Pab Ua Kom Nyob Dawb Huv

- Txhawb koj tus me nyuam kom noj tsev kawm ntawv tej puas noj los yog koom rau hauv txoj Kev Pab Khoom Noj Caij Ntuj Qhua. Tej puas noj no raug npaj los muab txiv hmab txiv ntoo thiab zaub ntau heev rau tub kawm ntawv noj txhua hnub. Nug koj tus me nyuam tus xib fwb los yog hu cheeb tsaum koom tsev kawm ntawv lub hauv paus chaw khiav dej num rau lus qhia ntxiv.
- Ua kom muaj xim rau koj cov zaub sib tov (salads) los ntawm kev txhab tej tug carrots, zaub qhwv xim paj yeeb txhoov, los yog txiv hmab txiv ntoo tib si (piv txwv: txiv kab ntxwv, apples, raisins).
- Siv kua txiv 100 feem pua, kua qaub thiab txuj lom los ua khoom rau zaub sib tov muaj roj tsawg. Nug tus neeg saib xyuas txhiam laj txhiam xws hauv lub kiab khw ze koj rau tej tswv yim tov khoom noj.

Kev Pab Koj Cov Me Nyuam Noj Kom Dawb Huv

- Cov nplooj lettuce doog nkawv muaj kuab zaub (nutrients) ntau dua.
- Muab tej zaub sib tov noj ib cag rau puas su thiab puas hmo.
- Txhab lettuce rau sandwiches.
- Sim tej hom zaub salad ntsuab sib txawv saib hom lettuce twg koj tus me nyuam nyiam tshaj plaws.
- Kom koj tus me nyuam "tsim tawm" nws qhov zaub sib tov ntiag tug. Cia nws xaiv tej zaub thiab tej khoom rau zaub nws xav siv. Rau lus qhia tswv yim ntxiv, mus xyuas: www.cachampionsforchange.net www.leafy-greens.org