

Oil-free Cooking, Healthy Food with No Burden

Rice cake

Design / Huei-Mei Yen

Ingredients:

- 4 cups of rice
- 3 ½ cups of water
- 1/3 carrot
- 15 grams of perilla powder
- 10 grams of seaweed powder
- 1/3 carton of red cabbage sprouts
- 1/3 carton of alfalfa sprouts
- 1 small bag of eggless mayonnaise
- 3 lemons: juice 2 ½ lemons
and slice ½ lemon into
thin slices for decoration
- 1 teaspoon of sugar rock
- 1 teaspoon of vegetable oil

Steps:

1. Add and cook ¼ tsp of sugar rock and 2 drops of vegetable oil with washed rice in the rice cooker. Let the cooked rice sit for about 10 minutes; then mix the rice with lemon juice and ¾ tsp of sugar rock.
2. Lightly oil the cake mold; then place 1/3 of the mixed rice into the mold. Then add a layer of julienned carrots on top of the rice.
3. Add another 1/3 of the mixed rice; then evenly sprinkle a layer of perilla powder on top.
4. Then add the rest of the rice; afterwards, add a layer of seaweed mayonnaise (10 grams of seaweed powder mixed with small bag of eggless mayonnaise).
5. Lastly, layer the “rice cake” with alfalfa sprouts and red cabbage sprouts.
6. Gently flip the cake mold onto a plate to remove the “rice cake.”
7. Place the sliced lemon around the “rice cake” and decorate the top with some red cabbage sprouts.



For its twenty-sixth anniversary, Hualien Tzu Chi Hospital organized the “Reduce Carbon to Save the Planet - Fumeless, Healthy Vegetarian Cuisine Competition”, in which ten teams participated. Each winning cuisine must contain the following characteristics: high fiber, low cholesterol, nutritious and low carbon requirement.

Rainbow Nigiri

Design / Mu-Rung Lee

Ingredients:

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|-----------------------|-----------------------------|
| 1 carrot | some corn kernels |
| 1 apple | 1 bag of nori seaweed |
| 2 slices of tofu curd | 1 pitaya/white dragon fruit |
| 2 cucumbers | 1/5 head of red cabbage |
| 2 kiwis | 2 teaspoon of peanut powder |

Steps:

1. Julienne the ingredients to approximately 6 cm long
2. Blanch and then place the carrot, cucumber, and bean curd into icy water (water with ice in it) to maintain the crispiness.
3. Julienne the pitaya and kiwi to eliminate the extra juice.
4. Lightly grill the Nori.
5. Wrap the ingredients with nori to make a nigiri and lightly add the peanut powder on top.



Fruit Salad Spring Roll

Design / Shu-Shi Hsieh

Ingredients:

10 spring roll wraps (Vietnam noodles wrap)

a handful of asparagus

1 carrot

2 apples

1 bag of nori

½ lemon

3 teaspoon of peanut powder

1 teaspoon of wasabi powder

a pinch of powdered Sugar

Steps:

1. Julienne the apples, and then keep the apple strips in lemon water

2. Blanch the asparagus and julienned carrots. Then place the asparagus and carrot strips into iced water for 5 minutes. Then drench the water and set the vegetables aside to be used later.

3. Quickly soak and remove the spring roll wrap from cold water.

4. Flatten the spring roll wrap on a plate; then, add nori, carrot strips, asparagus, apple strips, and etc. with peanut powder, wasabi powder and powdered sugar, accordingly to personal preference. Then roll the wrap and slice.

PS: You may change ingredients to seasonal fruits and vegetables.



Healthy 5 Grain Rice

Ingredients:

¼ head of pumpkin
¼ head of taro
2 mushrooms
¼ red bell pepper
¼ yellow bell pepper
some carrots & some celery
vegetable broth
½ cup of brown rice
1 cup of white rice
¼ cup of purple glutinous rice

Broth Ingredients:

daikon, carrots,
cabbage, and tomato

Seasoning:

a pinch of sesame oil
and salt for taste



Steps:

1. First cook the vegetable broth by boiling Daikon, carrot, cabbage, and tomato with water; then, set the broth aside to cool.
2. Presoak the brown rice and purple glutinous rice for 2 hours.
3. Cook the white rice, brown rice, and purple glutinous rice with vegetable broth and a pinch of salt.
4. Dice the pumpkin, taro, mushroom, red bell pepper, yellow bell pepper, carrots, and celery.
5. Cook the pumpkin and taro with vegetable broth; then, when the pumpkin and taro soften, add the rest of the cubed vegetable.
6. Mix the cooked rice with the cooked vegetables and sesame oil.
7. Decorate the healthy 4 grain rice with sliced fruits and cubed bamboo on the plate.



Seasonal Salad

Design/ Yang Sho-Hwa

Ingredients:

Cubed toast

Fruits: canned pineapple, canned peaches, guavas, kiwis, apples, oranges, cherry, tomatoes, and lemon

Vegetables: lettuce, tomatoes, cucumbers, and red cabbages

Dressing direction: mix perilla plum marinated sauce with freshly squeezed lemon juice, and then add white sesame

Steps:

1. First wash all ingredients. Then dice and presoak the apple and kiwi in iced water. Cut the peaches and large tomatoes into crescent moon shapes, and julienne the red cabbages. Then after cutting the cucumbers into strips with widths of approximately 0.5 cm, trim the strips into thinner strips.
2. First place the lettuce leaves flat on a plate; then add julienned red cabbage, cucumbers, kiwis, apples, guavas, pineapples, and cubed toast on top. Then place the peaches and tomatoes around the lettuce. Lastly pour the sauce over the fruits and vegetables.

Treasure Island

Design/ Mei-Wen Yang

Ingredients:

potato, cucumber, carrot, apple pear, apple, smoked tofu skin, lemon, raisins, eggless mayonnaise, eggless Thousand Island dressing

Steps:

1. Peel and dice the potato and carrot. Dice, blanch, and cool the cucumber. Mix the potato, carrot, and cucumber with mayonnaise.
2. Peel and dice the apple and apple pear. Dice the smoked tofu skin. Mix the apple, apple pear, and smoked tofu skin with Thousand Island dressing.
3. Place mixture 1 on one side of the plate and mixture 2 on the other side. Then add raisin on top. Decorate the edges with lemon slices.

