

Fussy About Eating Green Vegetables? 不喜欢吃有苦涩味的绿色蔬菜吗?



Stir-Fry Wheatgrass With Mushrooms

小麦草炒菇类 @5Color Diet: Healthy Recipes

Eating too much greasy & baked foods will cause indigestion due to lack of fiber especially vegetables! But most people are **fussy about eating vegetables especially green vegetables** because most green vegetables have bitter taste, though they do know that green vegetables have a lot of phytonutrients in vitamins & minerals. **Wheatgrass** has many phytonutrients in vitamins & minerals which helps to improve our body's acid-alkaline balance, circulatory system & immune system, etc. In addition, **Mushrooms** have properties like anti-inflammatory, antioxidants, anti-cancer, etc which helps to improve hypothyroidism & our body's immune system.

Serving size: 2 persons.

Benefits

Helps to improve cardiovascular system, circulatory system, detoxify & purify blood, digestive system, hypothyroidism, immune system and our body's acid-alkaline balance, etc.

Ingredients

Button Mushrooms (fresh or canned) – 6 nos. (Wash & cut into slices)

Shitake mushrooms (fresh or dried type) – 6 no. (Wash & cut into slices)

Wheatgrass (fresh type) – 110-120 strips or 20 grams. (Wash & cut into ½ centimetre length)

Black bean thick soy sauce – 1 tablespoon.

Minced Garlic – 2 teaspoons.

Minced Ginger – 1 teaspoon.

Cooking Oil – 1 tablespoon. (Healthier choice: Canola oil, coconut oil, olive oil or walnut oil, etc)

Pepper – to taste.

*** Daily recommended usage: Garlic 2-4 cloves; Ginger 250 mg - 2 grams; Mushrooms 1-2 cups (75-150 grams); Wheatgrass Fresh leaves 30-240 grams & Wheatgrass powder 1-2 teaspoons (3-6 grams).**

Preparation

(1) Heat a frying pan with cooking oil over middle flame & when oil is warm, add **sliced Button mushrooms, Shitake mushrooms** & fry till light brown.

(2) Then add **minced Garlic & minced Ginger** to fry for 1 minute before adding in **Wheatgrass, Black bean thick soy sauce & Pepper**. Add 2-3 tablespoons of water if desired. Stir well.

(3) Scoop cooked dish on a plate & serve hot with rice.

-

Note

- (1) Suitable for everyone **especially for those who are fussy about eating green vegetables.**
- (2) Moderate intake of **Garlic** for those who have **low blood pressure** because **Garlic** will lower the blood pressure.
- (3) Moderate intake of **Garlic** for those who have **stomach or digestion problems** because **Garlic** may irritate the gastrointestinal (GI) tract.
- (4) **Ginger** might increase your insulin level or lower your blood sugar level so **take in moderation.**
- (5) Moderate intake of **Garlic & Ginger** for those who are on **blood thinning medications** or have **bleeding disorders** because **Garlic & Ginger** may slow down blood clotting.
- (6) Moderate intake of **Mushrooms** for those who are on **hypothyroidism medication & hyperthyroidism** because the iodine in **Mushrooms** may increase thyroid hormones level.
- (7) Moderate intake of **Mushrooms** for those who have **gout or skin allergies**, Auto-immune diseases such as **Multiple Sclerosis, Lupus, Rheumatoid Arthritis, etc** because **mushrooms** may aggravate their symptoms.
- (8) **Ginger, Mushrooms & Wheatgrass** have not enough reliable information about the safety intake for pregnant or breastfeeding women if you are pregnant or breast feeding so **take in moderation.**
- (9) **Garlic & Ginger** might increase the **risk of bleeding during and after surgery.** Stop taking it at least 2 weeks before a scheduled surgery.

Caution: To take this recipe at an interval of ½ to 1 hours from medications.