

Weekend Recipe's Corner: Healthy Stir-fry Cashews and Corn

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Cashews contain unsaturated fat and omega-3 oils that can help avoid heart disease. Its vitamin B1 content is also nearly as high as sesame seeds or peanuts, which helps replenish energy and eliminate fatigue. Cashews also contain a high amount of vitamin A, an excellent anti-oxidant; it also helps promote lactation, which is suitable for post-partum women with lactation deficiency.

Ingredients:

- 1 Bowl of cashew nuts
- 1 cob of corn
- 1 cucumber
- 1/2 stick of carrot
- Some minced ginger
- A pinch of salt

Directions:

1. Boil the corn and remove the kernels from the cob
2. Dice the unpeeled cucumber and carrots
3. Slightly fry the cashew nuts and dry the oil off them.
4. Heat some oil in a pan and sauté the minced ginger.
5. Add the diced carrots and cook until they are 80% cooked
6. Stir-fry the corn, cashews and cucumber with the carrots.
7. Add salt to taste.

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