

Pumpkin salad (2 servings)

Ingredients:

Pumpkin, Japan	1/6 piece, approx.200g
Seedless raisins	1Tbsp
Sliced almonds	1Tbsp
Low fat plain yogurt	1Tbsp
Low fat salad dressing/	1Tbsp
Mayonnaise	

Seasoning:

Salt	a pinch
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Methods:

- 1) Remove skin of pumpkin, cut into small pieces. Place them on the plate. Use microwave (750W) to cook the pumpkin about 3-4 minutes. (If microwave is not available at home, can place pumpkin onto the plate. Steam about 15 minutes.)
- 2) Stir-fry the sliced almonds without oil until they just change color, set aside.
- 3) Use a fork to mash half of the cooked pumpkin into paste and another half into chunk textures. Add low fat plain yogurt, low fat salad dressing, salt to the mashed pumpkin and mix together.
- 4) Sprinkle the seedless raisins and stir-fried sliced almonds on it and ready to serve.

Dietitian's tips:

- Pumpkin is rich in vitamin A which helps eyesight, mucous tissue and skin health.
- Almond is a kind of nuts. The fat from it is good for our health and helps in absorbing fat-soluble vitamins e.g. vitamin A, D, E, K.

Other Tips:

Cooking food not only for our own pleasure but it's also a good time to share with friends. Before inviting friends to enjoy home-made food, should ask whether they are allergic to any food ingredients. Almond and dairy products are the common allergens.

Nutrient analysis (1 serving):

Energy (kcal)	Protein (g)	Fat (g)	Carbohydrate (g)	Fibre (g)	Calcium (mg)
132.5	3.4	6.5	17.0	1.6	60.6

*the above data is general information for reference.