

## 雞肉冬瓜湯

### 材料

雞肉 500 克  
冬瓜 500 克  
生薏苡仁 50 克  
黃芪 30 克  
黨參 15 克  
陳皮 5 克  
生薑 6 克  
蔥 10 克

### 做法

1. 洗淨生薏苡仁及薑蔥，雞肉洗淨切絲，冬瓜去皮切塊；
2. 淨鍋置大火上，倒入清水適量，放入雞肉燒開，撇去浮沫備用；
3. 黃芪、黨參、陳皮洗淨後置入湯渣袋，以適量水先煮半小時；後加入雞肉、生薏苡仁和薑蔥，待雞肉將熟時去湯渣袋，加入冬瓜，小火燉煮約 1 小時，加鹽調味即成。

### 功效

雞肉味甘性溫，無毒，可補虛驅邪，營養豐富，其脂肪主要為不飽和脂肪酸，是老年人、體弱者或心腦血管病患者較好的蛋白素質食品；冬瓜味甘性寒，有清熱利水、解毒消腫之效；薏苡仁為可食用中藥，《神農本草經》認為能“主筋急拘攣，……風濕痺，久服輕身益氣”。本食療以上述三味食品配上益氣健脾中藥，長期服用療效較好。特別適用於脾胃虛弱，倦怠嗜睡，大便溏爛，四肢、頭面浮腫等虛胖人士，可消腫減肥輕身，並有補中益氣，健脾利濕之效。感冒發燒、腹瀉嘔吐者不宜。

### 貼士

可將雞肉改為瘦肉。

份量：2-3 人

時間：1.5 小時

## **Chicken and Winter Melon Soup**

### **Ingredients**

500 grams shredded chicken

500 grams winter melon

50 grams Yi Yi Ren

30 grams HuangQi

15 grams DangShen

5 grams dried tangerine peel

6 grams sliced ginger

10 grams spring onion

### **Method**

1. Rinse Yi Yi Ren, ginger, spring onion and chicken. Peel and slice the winter melon.
2. Blanch the chicken. Skim the bubbles on the surface.
3. Rinse, wipe and put HuangQi, DangShen and dried tangerine peel into a cloth bag. Add water, bring to the boil and cook for 30 mins over low heat. Add Yi Yi Ren, ginger and spring onion into pot. Remove the cloth bag when chicken is almost done. Add winter melon and cook over low heat for an hour. Season with salt and serve.

### **Efficacy**

Chicken and Winter Melon soup helps to tonify Qi and spleen; drainage of dampness and induce diuresis to alleviate edema. It can be served regularly as its therapeutic effect is accumulative. It is suitable for people with deficiency in the spleen and stomach; fatigue and weakness in limbs; have scant and watery feces; edema of the head and limbs; or people who need to lose weights. It's not recommended for those with fever, diarrhea, nausea or vomiting.

### **Tips**

Lean pork can be used to replace chicken.

For 2-3 persons

Time : 1.5 hours