

Low-carbon set RECIPES

Participant: Sacred Heart Canossian College
Sponsored by: Lo Ka Chung Charitable Foundation

- Vegetarian Stuffed Portobello Mushroom Delight
- Delicious Low Carb Potato Wedges
- Organic Farm-Fresh Salad







Recipe Low Carb Design Ideas

- The ingredients and seasonings are all organic. They are based in the school garden or purchased at local organic stores.
- Replace the use of oven with an air fryer. The electricity consumption is reduced by half when an air fryer is used instead of an oven.
- This recipe is both low-carb and vegetarian, with no high-carb meat included.
- To minimize air transport's carbon emissions, we consistently utilize locally sourced ingredients.
- Convert the famous 'Stuffed Mushrooms' to vegetarian-friendly and use an air fryer instead of an oven to lower energy use.





1

Vegetarian Stuffed Portobello Mushroom Delight



Ingredients :

- 2 Portobello mushrooms
- A box of frozen tofu
- 1/4 onion
- 1/5 carrot
- 3 tablespoons of oat flour
- 10 almonds
- 5 sesame leaves
- 5 pieces of basil
- 1/2 tablespoon sea salt
- Soy milk 100ml



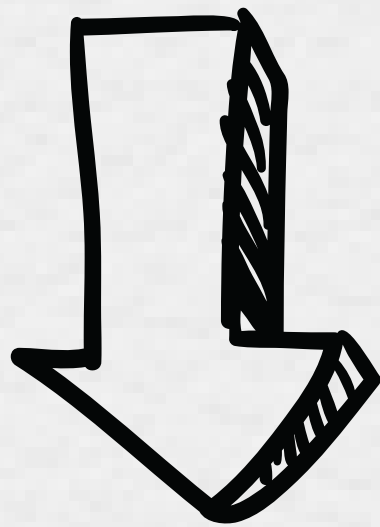
Recipe low carb design ideas

Traditional Baked Stuffed Mushrooms

-Uses lots of cheese and bread crumbs->high carbon footprint

-Made by an oven

->High power consumption



Low carb mushrooms

-Use onions, carrots, tofu and flour to make vegetarian meat instead of cheese filling -> lower carbon footprint and healthier

-Made by an air fryer

->lower emissions



Recipe low carb design ideas

Ingredients such as mushrooms, onions, tofu, and oat flour are perfect for low-carb dishes.

- **Mushrooms** is an eco-friendly choice as they require minimal water and land to grow while also fixing nitrogen in the soil.



- **Soy milk:** can help enrich the ecological environment by producing nitrogen.



- **Onions:** need little water and space to grow and have a long shelf life, which minimizes waste during storage and transportation.



- **Oat Flour:** is environmentally sustainable as it requires less water and fewer fertilizers and pesticides compared to wheat and rice. Oats support biodiversity, improve soil structure, reduce erosion, and enhance carbon storage in the soil.

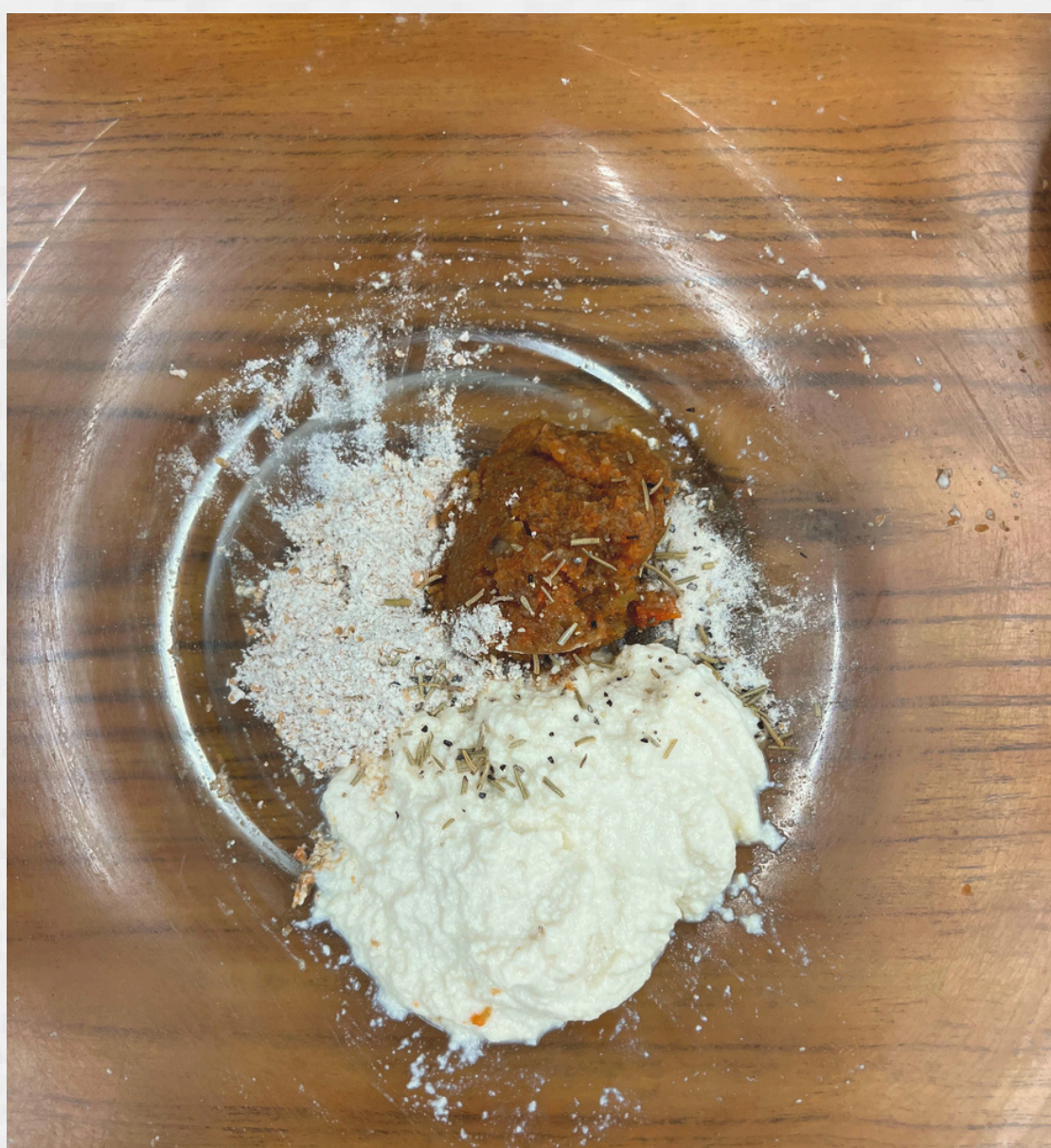




- 1 Finely chop carrots, mushrooms, and onions. Add oil and the chopped ingredients to a pan, then sauté.



- 2 Add the fried ingredients to the blender and mix.



- 3 Put the mixed ingredients into the bowl. Add sea salt and oat flour and drained tofu, Then stir evenly with a spoon.



- 4 Shape into small rounds with a spoon.





5

Spread the prepared dough all over the mushrooms.



6

Bake together with potato wedges in an air fryer at 120 degrees for 30 minutes.

-Smooth mushroom sauce



1

Saute chopped mushrooms and onions until fragrant.



2

Put 10 almonds, soy milk, sautéed mushrooms and onions into a blender, stir evenly to make mushroom slurry.



2

Low carb delicious potato wedges



Ingredients:

- 2 potatoes
- 2 tablespoons vanilla
- 2 tablespoons garlic salt
- 1 tbsp red pepper powder
- 3 tablespoons of oil olive oil
- A sprig of rosemary





1

**Cut potatoes into triangle shapes,
Soak in warm water for 20 minutes.**

2

**Drizzle potato wedges with olive oil
and sprinkle with vanilla.
Put it into the air fryer with the
Portobello Mushrooms.
After baking in air fryer,
Sprinkle with vanilla, salt, and
rosemary.**



Recipe low carb design ideas

Low carbon remarks😊:

- Pre-soaking the potato wedges in warm water can make the potato wedges softer, making them crispy on the outside and soft on the inside even without using boiling or baking methods.
- It is recommended to pre-soak the potato wedges before making the entire recipe, and then put the soft and seasoned potato wedges and mushrooms into the air fryer -> reduce power consumption.



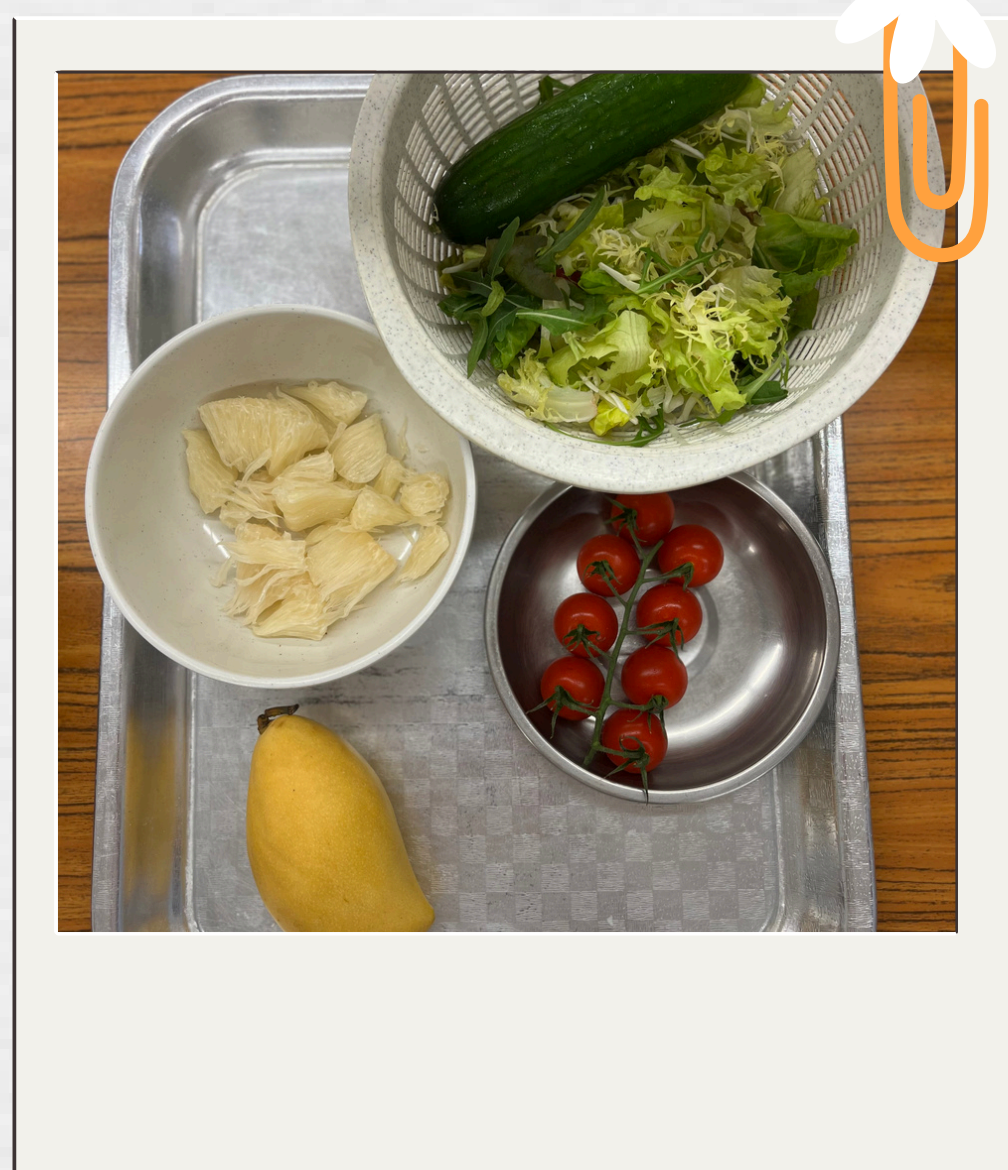
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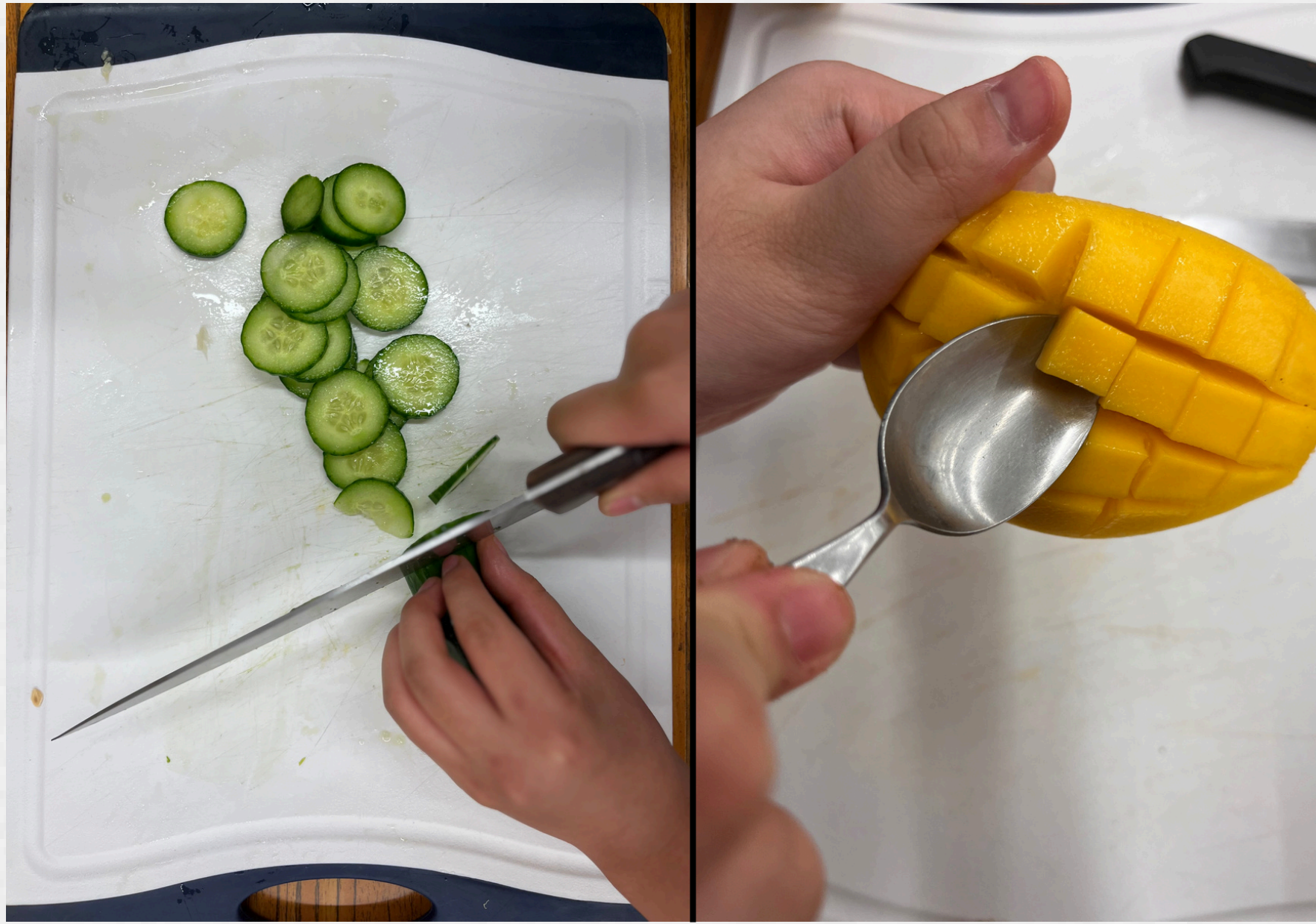
Organic Farm-Fresh Salad



Ingredients :

- 1 mango
- 1/2 grapefruit
- Ten cherries
- 100g cucumber
- 150g Romaine lettuce





Slice the cucumber and dice the mango

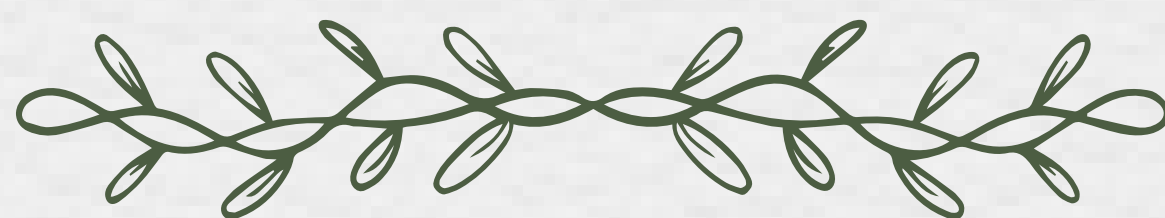


Arrange fruits and vegetables in a glass dish





End



"Discover the joy and purpose in low-carb recipes!"

I hope all of you can find the recipe delicious, healthy and low-carb after trying this recipe. 😊❤️