

BITTER MELON

Bitter melon is native to India, and is eaten while still green before the color changes to orange. Bitterness (from quinine) increases with age. Different varieties can range from 3-4 inches to 12 inches in length. Use salt to reduce the bitterness in bitter melon.

Asian Vegetable Guide:

<http://ucanr.org/u.cfm?id=50>



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BITTER MELON STIR FRY

Serves 4

INGREDIENTS:

- 1 ripe bitter melon, seeded and sliced
- 1 tablespoon olive oil
- 1 onion, diced
- 3 garlic cloves, crushed
- 1/2 lb ground pork
- 1/2 lb medium shrimp, peeled and deveined
- 1 tomato, chopped
- 1 tablespoon reduced sodium soy sauce

Pepper to taste

DIRECTIONS:

1. Place sliced bitter melon in boiling water until just tender (2-3 minutes). Drain.
2. Heat olive oil in skillet over medium heat. Sauté onions for about 5 minutes until tender.
3. Add garlic; sauté an additional 2 minutes; mix in pork and cook until no longer pink.
4. Add shrimp; cook about 5 minutes until done.
5. Add tomato, bitter melon, and soy sauce; cook until tender.



NUTRITION FACTS PER SERVING:

Calories 228 kcal; Total Fat 7.4 g; Saturated Fat 1.6 g; Sodium 404 mg; Cholesterol 150 mg; Carbohydrate 9.4 g; Dietary Fiber 2 g; Sugar 2.6 g; Protein 30 g

