



# OPO

Also called bottle gourd, opo fruits are very smooth, hairless, and normally harvested when 10-12 inches long. This squash is commonly used in soups and stir-fries. The taste is mild.

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



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## OPO AND BEEF

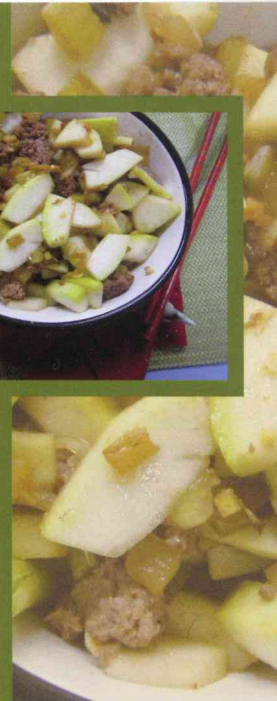
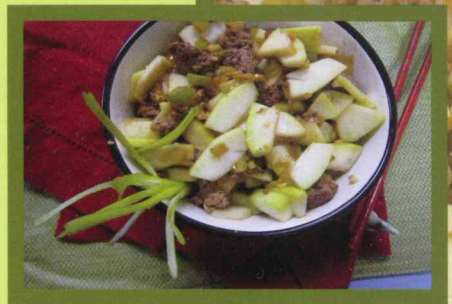
Serves 4

### INGREDIENTS:

- 1 tablespoon vegetable oil
- 1/2 cup onion, chopped
- 1/2 cup celery, chopped
- 2 garlic cloves, chopped
- 1/4 lb ground beef
- 2 cups opo squash, peeled and diced
- 1 tablespoon fish or oyster sauce
- 1 teaspoon fresh ginger, minced
- 1/2 teaspoon sugar
- Pepper to taste

### DIRECTIONS:

1. Heat oil in pan/wok; stir fry onion and celery for 5 minutes or until translucent.
2. Add garlic and ground beef; stir fry until meat is browned.
3. Add diced opo, fish/oyster sauce, ginger, sugar, and pepper; cook about 10 minutes until tender.



### NUTRITION FACTS PER SERVING:

Calories 102 kcal; Total Fat 6g; Saturated Fat 2.2 g; Cholesterol 20.13 mg; Sodium 68 mg;