



# LUFFA

Luffa varieties can be “smooth” or “angled” - both are excellent in stir-fry with a sweeter flavor than zucchini summer squash. Be careful not to overcook the “smooth” variety; “angled luffa” may need to be peeled if the ridges are hard.

Asian Vegetable Guide:

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



UNIVERSITY OF CALIFORNIA COOPERATIVE EXTENSION  
FRESNO COUNTY  
1720 S. MAPLE AVENUE  
FRESNO, CA  
(559) 600-7285



The University of California prohibits discrimination or harassment of any person in any of its programs or activities. (Complete nondiscrimination policy statement can be found at <http://ucanr.org/sites/anrstaff/files/107734.doc>)

## LUFFA AND PRAWNS

Serves 4

### INGREDIENTS:

- 1 tablespoon vegetable oil
- 1 garlic clove, minced
- 1 lb large prawns, peeled and deveined
- 2 luffa (angled luffa or smooth luffa), chopped
- 1/4 cup bamboo shoots
- 1 teaspoon coriander
- 1 tablespoon reduced sodium soy sauce
- 1 green onion, sliced

### DIRECTIONS:

1. Heat oil in a wok/pan; add garlic and stir fry for 1 minute.
2. Add prawns; cook until done.
3. Add luffa; continue to stir fry with prawns until just tender, about 5 minutes.
4. Add bamboo shoots, coriander, and soy sauce to pan and stir fry a few minutes.
5. Sprinkle with green onion and serve.



### NUTRITION FACTS PER SERVING:

Calories 209 kcal; Total Fat 6 g; Saturated Fat 1 g; Cholesterol 227 mg; Sodium 375 mg; Carbohydrate 5.8 g; Dietary Fiber 2 g; Sugar 1 g; Protein 32 g