



CHINESE WINTER MELON

The mature melon can be stored for 3-4 months over the wintertime. The flavor is mild, the flesh is white, and is a main ingredient in chicken broth soup with other vegetables, or stir fry with pork. An elaborate dish is made by carving the skin like a cameo, then filling the melon with other vegetables and meat. Steam until the melon flesh is soft.

Asian Vegetable Guide:

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



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CHINESE WINTER MELON CHICKEN SOUP

Serves 4

INGREDIENTS:

- 1 large winter melon, seeded and chopped
- 2 cups low sodium chicken broth
- 4 dried black mushrooms, rehydrated
- 2 teaspoons grated gingerroot
- 1 1/2 cups cooked chicken, shredded
- 1 cup asparagus tips
- Salt to taste

DIRECTIONS:

1. Place melon in pot of boiling water; simmer 20-30 minutes until tender. Drain.
2. Add remaining ingredients to melon in pot; simmer additional 5 minutes and serve hot.



NUTRITION FACTS PER SERVING:

Calories 154 kcal; Total Fat 2 g; Saturated Fat 0.3 g; Sodium 300 mg; Carbohydrate 25 g;