



FUZZY GOURD

Sometimes called hairy melon, this squash is eaten in the immature stage before it has developed the white wax bloom on the skin. It is quite fuzzy, yet has a refreshing delicate flavor and is often included in stir-fries and soups.

Asian Vegetable Guide:

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



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FUZZY GOURD STUFFED WITH PORK AND MUSHROOMS

Serves 4

INGREDIENTS:

- 4 fuzzy gourds, scrubbed vigorously to remove "fuzz"
- 1 tablespoon vegetable oil
- 1 small onion, diced
- 1 clove garlic, minced
- 1/2 lb ground pork
- 1 cup cooked rice
- 2 shiitake mushrooms, diced
- 1 tablespoon reduced sodium soy sauce
- 1/2 cup cilantro, chopped

DIRECTIONS:

1. Slice gourds in half and microwave or blanch in boiling water until slightly soft.
2. Scoop flesh out of gourds.
3. In separate pan heat oil and sauté onions and garlic until tender.
4. Add pork; cook until done.
5. Stir in cooked rice, mushrooms, and soy sauce; heat.
6. Remove from heat and stir in cilantro.
7. Stuff gourd half with pork mixture; steam about 30 minutes.



NUTRITION FACTS PER SERVING:

Calories 236 kcal; Total Fat 13 g; Saturated Fat 4.6 g; Cholesterol 41 mg; Sodium 228 mg; Carbohydrate 18 g; Dietary Fiber 2 g; Sugar 0.4 g; Protein 12 g