

Ampalaya (Bitter Melon) With Pork Recipe

1 tablespoon	olive oil
½ pound (0.2 kg)	lean ground pork
6 cloves	garlic, crushed
1 cup	onion, 1 medium, chopped
2 cups	<i>Ampalaya</i> ,* sliced
2 teaspoons	light soy sauce
½ teaspoon	black pepper

* *Ampalaya* (bitter melon) is a fruit that is oblong, cylindrical, pointed at both ends, ribbed, and wrinkled.

Quick Facts

This recipe is lower in fat and sodium because it uses:

- Lean meat that is sauteed and simmered instead of fried
- Onion, garlic, and bitter melon for flavor
- Low-sodium soy sauce that reduces the amount of sodium in the dish

1. Using a large skillet, lightly saute onions and garlic in hot olive oil.
2. Add the ground pork and cook until almost done.
3. Add the sliced bitter melon.
4. Cover and simmer until bitter melon turns green. Do not overcook.
5. Season with light soy sauce and black pepper.

Yield:	Serving size:
4 servings	1 cup
Calories	150 kcal
Total Fat	6 g
Saturated Fat	1.5 g
Cholesterol	45 mg
Sodium	200 mg
Total Fiber	1 g
Protein	17 g
Carbohydrates	7 g
Potassium	600 mg

Source: Adapted from Heart Healthy Traditional Filipino Recipes, American Heart Association.

