

from Mula sa Pusong: Heart Healthy Traditional Filipino Recipes by American Heart Association, Western States Affiliate, San Francisco Division

1/4 lb. Bitter melons whole, halved or quartered, depending on size
1/4 lb. Japanese eggplants, whole, halved or quartered, depending on size
1/4 lb. Okra, trimmed
1/4 lb. String beans, trimmed and cut in 2 inch lengths
1/4 cup Onion, sliced
1/2 cup Sautéed lean pork slices
1 cup Tomatoes (cherry tomatoes, preferred) coarsely chopped
1 tbsp. Fish sauce
1/4 cup Water

Layer ingredients in a pot (allow space for turning). Cover and boil a few minutes to wilt vegetables, then too vegetables.

Reduce heat to lower and simmer partially covered. Toss occasionally top rotate vegetables or stir gently to retain individual identities of the vegetables. Cook to desired doneness.

Serves 8

Single Serving Nutrient Values

Calories 55.82 kc
% calories from fat 34
Protein 5.133 gm
Carbohydrate 4.306 gm
Cholesterol 11.62 mg
Sodium 143.7 mg
Total Fat 2.151 gm

Saturated 0.733 gm
Polyunsaturated 0.240 gm
Monounsaturated 0.906 gm

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