

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 toss vegetables.

Reduce heat to lower and simmer partially covered. Toss occasionally to 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 kcal

% 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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