Bitter Melon and Egg Stir Fry

Serving
3

Prep
10 Minutes

Cook
15 Minutes

Contributer
Ky Anh Alex Nguyen – BASc, MPH
Nutrition and Dietetics Student

2 cups	Bitter melon, seed removed, sliced
2	Large eggs
2	Garlic cloves, minced
1 tbsp	Green onion, chopped
2 tsp	Fish sauce or broth powder
1 tsp	Sugar
¼ tsp	Black pepper
1 tbsp	Olive oil

1. In a pan, heat up olive oil on medium heat. Add minced garlic and sauté until fragrant, about 1 minute.
2. Add the sliced bitter melon and sauté for 5-6 minutes on medium heat until softened.
3. In a bowl, whisk the eggs until the yolk and the white are combined. Add the beaten egg into the sautéed melon and stir to coat evenly.
4. Season with fish sauce (or chicken powder) and sugar and sauté the bitter melon and egg mixture for another 2-3 minutes until the egg is cooked. Stir in the chopped green onion and turn off the heat. Add black pepper to taste.

Tips:

- Cut the bitter melon in half lengthwise and use a spoon to scoop out the seeds.
- Rub the flesh of the melon with salt and sugar to reduce the bitterness and rinse with water.
- Substitute with opo squash, zucchini, or chayote if you don't like the bitter taste.

Scan the QR code to view and download the **The Brain Health Food Guide** – an eating tool that includes a variety of healthy foods that supply your brain with the nutrients it needs to function best and will help lower the risk of dementia.

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