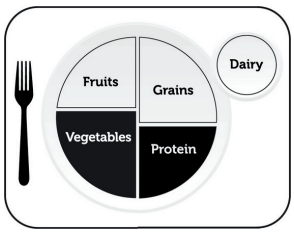
FISH SINIGANG WITH UNG CHOY

25 minutes

10 servings
(1 serving = 1 cup)

low fat
low sodium



INGREDIENTS

- 1 large **tomato**
- ½ cup chopped **green onions**
- 1 (1 inch) piece **ginger**
- 1 bunch **ung choy**
- 1 teaspoon **patis** (Filipino fish sauce)
- 2 (1 pound) **fishes** (pompano is suggested)
- 3 cups **water**

DIRECTIONS

Always practice food safety when cooking.

1) Cut tomato into wedges. Set aside.
2) Chop green onions into ½ inch lengths. Set aside.
3) Grate ginger. Set aside.
4) Cut the ung choy into 1 inch lengths. Set aside.
5) Clean the fish and cut each fish into 4 pieces.
6) Bring 3 cups of water to a boil in a large covered pot. Add the tomato, green onions, ginger, and salt.
7) Reduce heat to medium and cook for 5 minutes.
8) Add the fish and cook for 10 more minutes.
9) Uncover and add the ung choy into the broth. Cook for 5 minutes or until stems are tender but not limp.

Nutrition Facts

10 servings per container
Serving size **1 cup (271g)**

Amount per serving
Calories **170**

	% Daily Value*
Total Fat 9g	**12%**
Saturated Fat 3g	**15%**
Trans Fat 0g	
Cholesterol 45mg	**15%**
Sodium 190mg	**8%**
Total Carbohydrate 4g	**1%**
Dietary Fiber 2g	**7%**
Total Sugars 1g	
Includes 0g Added Sugars	**0%**
Protein 19g	
Vitamin D 10mcg	50%
Calcium 81mg	6%
Iron 2mg	10%
Potassium 650mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

NOTES

- For a more sour flavor, tamarind paste could be added with the tomato, green onions, ginger, and salt. Lemon, lime, or pias could also be added at the end.
- To add more spice, add any chili, such as a serrano pepper.
- More patis can be added lightly to taste, but this will increase the sodium.
- Other fish such as grouper, milkfish, mackerel, tilapia, or salmon could be used in place of the pompano.
- Other vegetables, such as bok choy, okra, eggplant, and onion can be added.

Adapted from Pacific Islands Cookbook