

PINAKBET

INGREDIENTS

- ½ small **kabocha (Japanese pumpkin)**
- ½ pound **long beans**
- 1 medium **Asian eggplant**
- ½ pound **okra**
- 2 medium **tomatoes**
- Optional: 1 medium **bittermelon**
- 1 (2 inch) piece **ginger**
- 1 small **round onion**
- 2 cloves **garlic**
- 1 tablespoon of **vegetable oil**
- 1 ½ cups **water**
- 2 teaspoons **patis (Filipino fish sauce)**
- 2 tablespoons **dried shrimp**

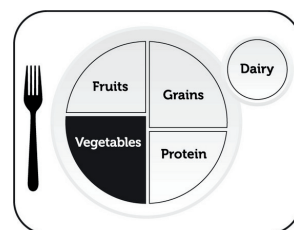
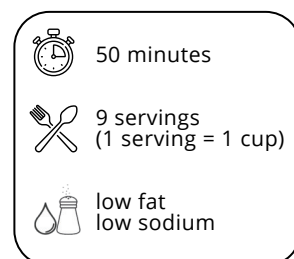
DIRECTIONS

Always practice food safety when cooking.

- 1) Remove seeds from kabocha and discard. Skin can be removed or left on the pumpkin. Chop into 1 inch cubes. Set aside.
- 2) Cut long beans into 2 inch pieces. Set aside.
- 3) Slice eggplant into 1 inch pieces. Set aside.
- 4) Cut stems off okra. Set aside.
- 5) Cut tomatoes into wedges. Set aside.
- 6) Optional: Slice bittermelon lengthwise and remove seeds. Cut into ½ inch pieces. Set aside.
- 7) Cut ginger into ¼ inch slices. Set aside.
- 8) Cut onion into ½ inch slices. Set aside.
- 9) Mince garlic.
- 10) Add oil in a large pot on medium heat. Sauté garlic and onion until garlic is lightly browned.
- 11) Add water, patis, ginger, and dried shrimp. Bring to a boil using medium-high heat.
- 12) Reduce to medium heat. Add kabocha, long beans, eggplant, and bittermelon (optional). Stir ingredients. Cook for about 3 to 5 minutes or until the vegetables start to get tender.
- 13) Add okra and tomatoes. Cover and cook for about 5 to 10 minutes, occasionally tossing vegetables until tender.

NOTES

- Cubed 'uala (sweet potatoes) can be added.
- More patis can be added lightly to taste, but this will increase the sodium.



Nutrition Facts	
9 servings per container	
Serving size	1 cup (263g)
Amount per serving	
Calories	100
% Daily Value*	
Total Fat 2.5g	3%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 170mg	7%
Total Carbohydrate 16g	6%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 69mg	6%
Iron 1mg	6%
Potassium 377mg	8%

*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.