RECIPE

Bitter melon, tofu and egg stir-fry over brown rice

An Okinawa-style bitter melon, tofu and egg stir-fry served as a dinner over brown rice, with no pork and about 490 mg sodium a serving.

MAKES

4 servings US Metric

TOTAL

35 min

Ingredients

- [ ] 2 cups bitter melon, halved, seeds and white pith scooped out, cut in ½-inch half-moons
- [ ] ¼ tsp salt, to draw the bitterness out of the bitter melon (counted whole; the melon is rinsed)
- [ ] 14 oz firm tofu, pressed dry and torn in bite-size pieces
- [ ] 2 tbsp olive oil, divided
- [ ] 1 medium onion, sliced
- [ ] 2 cups mung bean sprouts
- [ ] 2 tbsp low-sodium soy sauce (14.2 g a tbsp; 511 mg sodium a tbsp, 1,022 mg in all)
- [ ] 2 tsp grated fresh ginger
- [ ] ½ tsp garlic powder
- [ ] ¼ tsp black pepper
- [ ] 2 large eggs

Method

1. Have the brown rice cooked and warm: about 3 cups. Leftover rice works; heat it to 165 °F.
2. Toss the bitter melon with the ¼ tsp salt and leave it 10 minutes. Rinse it under cold water, drain well and pat dry. Meanwhile set the tofu on a towel with a heavy pan on top for 10 minutes, then tear it into bite-size pieces.
3. Stir the soy sauce, ginger, garlic powder, pepper and 2 tbsp water in a cup. Beat the eggs and egg whites together in a bowl.
4. Warm 1 tablespoon of the oil in a large nonstick skillet over medium-high heat. Add the tofu and leave it alone for 3 minutes at a time, turning twice, until browned on most sides, about 8 minutes. Slide it onto a plate.

- [ ] 2 large egg whites
- [ ] 3 cups cooked brown rice, warm
- [ ] 2 tbsp water, for the sauce

5. Add the last tablespoon of oil. Cook the onion 2 minutes, add the bitter melon and stir 4 minutes, until bright green and just tender with a little bite left. Add the bean sprouts and cook 1 minute.

6. Pour in the soy mixture and stir 30 seconds, until it has mostly cooked away. Return the tofu and turn the heat to low.

7. Pour the eggs over the pan and fold gently from the edges for 1 to 2 minutes, until no egg is runny and it reads 160 °F. Take it off the heat.

8. Spoon ¾ cup rice into each of four bowls and top with the stir-fry. Cool leftovers within 2 hours (1 hour above 90 °F), then refrigerate; reheat to 165 °F.