

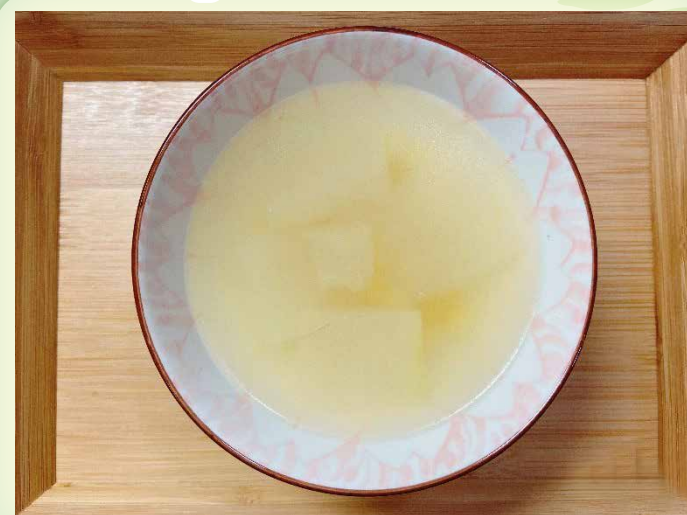
Winter melon is in season during the summer. It has a mild sweet taste, and makes a refreshing soup when combined with lean pork. Sweating increases during the hot summer months and this soup can help to replenish fluids.



Winter Melon, Corn and Lean Pork Soup

Nutrient Analysis: (Per serving, include soup ingredients)

Energy (kcal)	182
Carbohydrate (g)	15
Protein (g)	18
Fat (g)	6
Dietary fibre (g)	3.4
Sodium (mg)	195



Ingredients: (Serves 4)

1. Winter melon	1 catty (640g)
2. Corn cob	1 pc. (approx. 197g)
3. Lean pork	8 taels (320g)
4. Candied date	1 pc. (approx. 24g)
5. Ginger slices	4 slices
6. Water	6 bowls
7. Salt	¼ tsp

Method:

1. Rinse, core and deseed the winter melon. Keep the peel on and cut into slices. Skin and rinse the corn cob and cut into sections. Rinse and blanch the lean pork.
2. Add 6 bowls of water to the pot and bring to a boil, then add in all the ingredients. Bring to a boil again, then turn to low heat to simmer for 2 hours. Season with salt to finish.

Nutrition / Preparation Tips:

- ✓ Lean pork is rich in protein. Besides lean pork, pork shin (with fat trimmed off) can also be used as it is low in fat and tender in texture.
- ✓ Consume the winter melon and corn to increase intake of dietary fibre.

Notes for Special Diets:

- ✓ Diabetic Diet: Do not add the candied date. Exchange 1 serving of corn in the soup ingredients for ½ tablespoon of rice (½ carbohydrate exchange).

