

From: The Bitter Melon Council

<http://bittermelon.org/eat/shareyourrecipes>

## Bitter Melon, Gorgonzola and Cranberry Wrap

Submitted by: Kosmos Market 683 Tremont Street, Boston, MA 02118 (617) 236-4480



### Ingredients:

Bitter Melon (sliced)  
Mixed Greens  
Dried Cranberries  
Gorgonzola Cheese (crumbled)  
Kiwi (sliced)  
Walnuts  
Raspberry Vinaigrette  
Flour Wrap

### Directions:

Seed Bitter Melon and slice. Boil 2-3 minutes, drain and cool. Layer Bitter Melon slices, greens, cranberries, cheese, kiwi and walnuts on wrap. Drizzle with vinaigrette, and wrap.

## Bitter Melon Delight

Submitted by: House of Siam 542 Columbus Avenue, Boston, MA 02118 (617) 267-1755



### Ingredients:

1 Bitter Melon (seeded and sliced)  
2 Eggs  
3-4 pieces of Bacon  
½ tsp. Garlic  
1 tsp. thin Soy Sauce  
Pepper

### Directions:

Beat eggs and stir fry with Bitter Melon, bacon, garlic, and soy sauce. Add a dash of pepper to taste.

This is a traditional Thai dish. It can also be prepared without bacon.