Ginataang Kalabasa at Sitaw

A simple vegetable recipe composed only of kalabasa and sitaw cooked in gata. In this recipe I mixed the veggies with silver fish but you may substitute crab or shrimp. A perfect menu for the Lenten Season.

**Ingredients:**

- 1/2 lb. kalabasa (squash), cut into cubes
- 1/2 lb. sitaw (string beans), cut into 2-3 inches length
- 1/4 lb. silver fish (may substitute crabs or shrimps)
- 1 can gata (coconut milk)
- 4 cloves garlic, minced
- 1/2 cup red onions, chopped
- 1 tbsp. bagoong (shrimp paste)
- salt and pepper to taste
- 2 tbsps. cooking oil

**Cooking Directions:**

2. Sauté garlic and onions. Add-in bagoong (shrimp paste) and continue to sauté.
3. Pour gata (coconut oil) and bring to a boil.
4. Add kalabasa (squash) and simmer in medium low fire until slightly tender.
5. Add silver fish and sitaw (string beans). Continue to simmer for 2 minutes more.
6. Add salt and pepper to taste.
7. Serve hot with rice.

**Gata, Silver Fish, Garlic and Onions.**

![Image of a dish with silver fish and vegetables]

**Kalabasa and Sitaw.**

![Image of a dish with green vegetables]

**Ready to serve.**

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**Chicken Recipes**
- Adobong Chicken Adidas (Braised Chicken Feet)
- Adobong Manok sa Atsuete (Chicken Adobo in Annatto)
- Balun-Balunan (Chicken Gizzards) with Langka Bicol Express Style
- Chicken Afritada
- Chicken Curry
- Chicken Inasal (Bacolod Style)
- Chicken Sopas
- Chicken Teriyaki
- Fried Chicken - Chicken Joy Style
- Hot Buffalo Chicken Wings
- Iloilo's Chicken Binalol
- Pininyahang Buong Manok (Pineapple Whole Chicken)
- Pininyahang Manok (Pineapple Chicken)
- Pinoy Lechon Manok (Roasted Chicken)
- Pinoy-Style Fried Chicken
- Saudi Arabia's Kabasa
- Tinolang Manok

**Vegetable Recipes**
- Adobong Sitaw (String Beans Adobo)
- Apan-Apan/Adobong Kangkong (Water Spinach Adobo)
- Asparagus with Oyster Sauce
- Chop Suey
- Ensaladang Labaños (Daikon Salad)
- Ginataang Kalabasa at Sitaw
- Ginataang Munggo with Malunggay
- Ginataang Talong (Eggplant in Coconut Milk)
- Ginataang Tambo / Ginataang Labong
- Ginisang Monggo with Sayote
- Ginisang Munggo with Alubati
Meat Recipes

- Ginisang Talong (Sauteed Eggplant)
- Ginisang Upo at Kabute
- Kare-Kare with Ginisang Bagoong
- Laswa (Vegetable Soup)
- Misua with Patola Soup
- Pinakbet (Vegetable Medley)
- Pinangat na Gabi (Laing)
- Pinangat na Gabi Ilonggo Style (Laing)
- Stir-Fry Snow Peas with Tuna
- Tortang Talong
- Utan Alugbati at Kalabasa (Vine Spinach with Squash)

- Adobong Baboy with Red Bell Peppers
- Adobong Isaw
- Beef Broccoli
- Beef Pochero
- Honey Baked Beef Back Ribs
- Inasal na Baboy
- Inihaw na Baboy
- Kalderetang Baka
- KBL - Kadyos, Baboy kag Langka
- Lechon Kawali
- Lechon Estofado (Ox Tongue)
- Nilagang Baka
- Nilagang Baka with Langka
- Nilagang Pata
- Paksiw na Pata ng Baboy
- Pork and Chicken Adobo
- Pork Dinuguan
- Pork Steak
- Pork with Shrimp Siomai
- Sinigang na Baboy
- Soup No. 5 (Lancaio)
- Tokwa't Baboy
- Tortang Giniling na Karne

Pasta/Noodle Recipes

- Bam-I Pansit
- Chicken Macaroni Salad
- Chicken Teriyaki Pancit
- Chopsuey Pancit
- Grilled Chicken in Roasted Garlic Sauce Pasta
- Misua with Patola Soup
- Pancit Bihon Guisado
- Pancit Canton
- Pancit Lomi
- Pinoy-Style Spaghetti
- Shrimp Alfredo
- Spaghetti and Meatballs
Desserts/Snacks/Native Delicacies

- Spaghettin (Spaghetti with Spam)
- Vegetarian Pancit Guisado
- Arroz Caldo with Egg (Congee)
- Banana with Langka Turon
- Banana-Q
- Buko Pandan Salad
- Cassava Cake
- Chicken Macaroni Salad
- Homemade Banana Cake
- Kumbo/Maruya (Banana Fritters)
- Leche Flan (Caramel Custard)
- Mango Graham Float
- Ube Biko

Other

- Atsara (Papaya)
- Clam Chowder Soup
- Garlic Fried Rice
- Homemade Baked French Fries
- Kaleo-Kalo/Sinangag (Fried Rice)
- Spam Fried Rice
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