

PRODUCE SIZE REFERENCE GUIDE

Asian Eggplant

Recipes: Eggplant with Garlic Sauce (medium), Pinakbet (medium)

Small = about $\frac{1}{4}$ pound or 4 ounces

Medium = about $\frac{1}{2}$ pound or 8 ounces

Large = about $\frac{3}{4}$ pound or 12 ounces

Banana

Recipes: Banana Oat Bread (medium), Fruit Smoothie (medium)

Small = about 5 to 6 inches

Medium = about 6 inches to 7 inches

Large = about 7 to 8 inches

Apple Banana recipes: Banana Split with Yogurt (apple banana or small), Chia Seed Pudding (apple banana or small), Papaya Boat (apple banana or small)

Bell Pepper

Recipes: Bean Spread (small), Beef Tomato (medium), Eggplant with Garlic Sauce (medium), Sweet and Sour Beef (medium), 'Uala Salad (small)

Small = about $\frac{1}{4}$ pound or 4 ounces

Medium = about $\frac{1}{2}$ pound or 8 ounces

Large = about $\frac{3}{4}$ pound or 12 ounces

Bittermelon

Recipes: Pinakbet (medium)

Small = about 8 inches long

Medium = about 10 inches long

Large = about 12 inches long

Cabbage

Recipes: Pancit (small), 'Ulu Salad (small)

Small = about 1 to 2 pounds

Medium = about 2 to 4 pounds

Large = about 4 to 5 pounds

Carrot

Recipes: Asian Chicken Salad (medium), Chicken and Kabocha Soup (medium), Eggplant with Garlic Sauce (medium), Kalo and Tuna Patties (small), Pancit (medium), Three Bean Salad (medium), 'Ulu Salad (small), Vegetable Namul (medium)

Small = about 4 ounces or about 6 to 7 inches long

Medium = about 6 ounces or about 7 to 9 inches long

Large = about 8 ounces or about 9 to 10 inches long

Cucumber

Recipes: Somen Salad (medium)

Small = about $\frac{1}{2}$ pound or 8 ounces

Medium = about $\frac{3}{4}$ pound or 12 ounces

Large = about 1 pound

PRODUCE SIZE REFERENCE GUIDE CONTINUED

Kabocha (Japanese pumpkin)

Recipes: Chicken and Kabocha Soup (small), Pinakbet (small)

Small = about 2 ½ pounds

Medium = about 3 ½ pounds

Large = about 4 ½ pounds

Kalo (Taro)

Recipes: Kalo and Tuna Patties (small)

Small = about 1 pound

Medium = about 2 pounds

Large = about 3 pounds

Papaya

Recipes: Chia Seed Pudding (small), Chicken Tinola (small), Papaya Boat (medium)

Small = about 1 pound

Medium = about 1 ½ pounds

Large = about 2 pounds

Romaine Lettuce

Recipes: Asian Chicken Salad (medium), Fiesta Salad (medium), Somen Salad (medium), Tuna Tofu Salad (large)

Small = about 1 pound

Medium = about 1 ¼ pounds

Large = about 1 ½ pounds

Round or Sweet Onion

Recipes: Bean Spread (small), Beef Tomato (small), Camote Salad (small), Chicken and Kabocha Soup (medium), Chicken Fried Rice with Bok Choy (medium), Chicken Tinola (medium), Choy Sum with Pork (small), Chow Fun (small), Cranberry Chicken Salad (small), Fiesta Salad (small), Guisadong Sayote (small), Oyster Sauce Chicken and Broccoli (small), Pancit (small), Pinakbet (small), Pineapple Salsa (small), Pork Tofu with Watercress (small), Sweet and Sour Beef (small), Three Bean Salad (small), Tuna Tofu Salad (small), 'Uala Hash (small), 'Uala Salad (small)

Small = about ½ pound

Medium = about ¾ pound

Large = about 1 pound

Tomato

Recipes: Beef Tomato (large), Camote Salad (large), Choy Sum with Pork (large), Fiesta Salad (medium), Fish Sinigang with Ung Choy (large), Guisadong Sayote (medium), Pinakbet (medium), Pineapple Salsa (medium), Tuna Tofu Salad (medium)

Small = about ¼ pound or 4 ounces

Medium = about ½ pound or 8 ounces

Large = about ¾ pound or 12 ounces

PRODUCE SIZE REFERENCE GUIDE CONTINUED

‘Uala (Purple Sweet Potato)

Recipes: Rice Cooker ‘Uala (small)

Small = about 4 to 6 ounces

Medium = about 8 to 10 ounces

Large = about 12 to 14 ounces

Recipes with weight measurements: ‘Uala Chips, ‘Uala Fries, ‘Uala Hash, ‘Uala Hummus, ‘Uala Mochi Balls, ‘Uala Palau, ‘Uala Salad

‘Ulu (Breadfruit)

Recipes: ‘Ulu Chowder (small), ‘Ulu Salad (small), ‘Ulu Wedges (small)

Small = 1 to 2 pounds

Medium = 3 to 4 pounds

Large = 5 to 6 pounds

Won Bok Cabbage

Recipes: Green Beans and Won Bok Stir-Fry (small)

Small = about 1 pound

Medium = about 2 pounds

Large = about 3 pounds

PEELING GARLIC AND GINGER



Garlic

1. Place a clove of garlic on a cutting board and cut off the stem end.
2. Place the flat side of a knife with the cutting edge away from you on top of the garlic clove. Press down with the palm of your hand to smash the garlic until the skin splits apart.
3. Remove the skin from the garlic clove.

Instead of using a knife, another method is to use the bottom of a measuring cup to crush the garlic clove.



Ginger

1. Wash ginger with a produce brush under clean running water.
2. Use a metal or plastic spoon with a somewhat sharp edge and scrape the skin off of the ginger. A vegetable peeler can also be used.