

CAMOTE (SWEET POTATO LEAVES) SALAD

INGREDIENTS

- 2 pounds **camote** leaves
- 2 large **tomatoes**
- ½ small **sweet onion**
- 2 cups **water**
- 2 cups **ice water**
- 3 tablespoons **vinegar**
- ½ teaspoon **sugar**
- ½ teaspoon **salt**
- Optional:
 - **Ginger**, minced
 - **Patis** (fish sauce) lightly to taste
 - **Black pepper** to taste

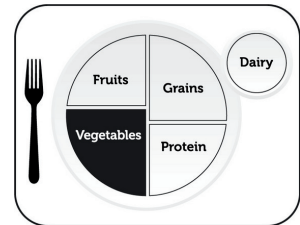
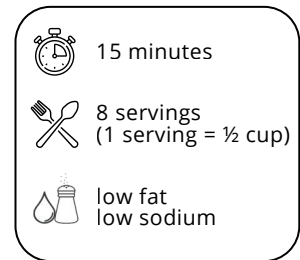
DIRECTIONS

Always practice food safety when cooking.

- 1) Pick tender camote leaves. Pieces of tender stems can also be used. Set aside.
- 2) Cut tomatoes into ½ inch slices. Set aside.
- 3) Slice onion into thin ¼ inch pieces. Set aside.
- 4) Boil 2 cups water in a large pot. Add camote leaves and stems and blanch for 2 minutes or until stems are tender.
- 5) Remove from heat. Immediately place leaves and stems in ice water for 30 seconds. Drain well.
- 6) Add tomatoes, onion, vinegar, sugar, salt, and ginger (optional).
- 7) Optional:
 - Add patis (fish sauce) lightly to taste.
 - Add pepper to taste.
- 8) Toss lightly but thoroughly.

NOTES

- To add a sweet and tangy taste, use Roma tomatoes.
- Red, white, and sweet onions are good onions to serve raw as they have a mellow flavor. If you only have yellow onions on hand, soak the sliced onion in ice cold water for about 30 minutes, then drain before using.
- If you prefer a milder vinegar, try white wine vinegar, rice wine vinegar, or apple cider vinegar.



Nutrition Facts	
8 servings per container	
Serving size	1/2 cup (184g)
Amount per serving	
Calories	60
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 12g	4%
Dietary Fiber 3g	11%
Total Sugars 9g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 46mg	4%
Iron 1mg	6%
Potassium 488mg	10%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Adapted from Pacific Islands Cookbook