

'UALA (SWEET POTATO) MOCHI BALLS

INGREDIENTS

- ½ pound 'uala (Okinawan sweet potato suggested)
- ½ cup **mochiko** (Japanese sweet rice flour)
- ¼ cup **sugar**
- ¼ cup **water** (plus water for rice cooker)
- ½ cup **sesame seeds**


DIRECTIONS

Always practice food safety when cooking.


- 1) Follow Rice Cooker 'Uala recipe on page 67 to steam 'uala. While warm, peel skin.
- 2) In a medium sized bowl, mash the cooked 'uala with a fork or potato masher. Set aside.
- 3) Measure the mochiko. See "Measuring Ingredients" (page 30). Add the measured flour into the bowl with the 'uala.
- 4) Add sugar to the mixture. Mix thoroughly with a fork.
- 5) Add ¼ cup water. Mix thoroughly again until dough-like. Add more water if needed. Set aside.
- 6) Fill bottom of rice cooker pot with ¼ inch water.
- 7) Place a steamer basket into the rice pot.
- 8) Roll mochiko mixture into 1 ½ inch balls. Place the balls spread out evenly in a single layer in the steamer basket.
- 9) Cover and turn on rice cooker to steam the mochi balls.
- 10) When done, carefully remove steamer basket of mochi balls from rice cooker pot. Place mochi balls on a plate and cover with wax paper or plastic wrap. Refrigerate balls for about 30 minutes or until mixture is firm to the touch.
- 11) Gently press and roll the balls in sesame seeds to cover the outside surfaces.
- 12) Refrigerate until ready to serve.

NOTES


- Other varieties of sweet potatoes may be used. The amount of mochiko flour may need to be adjusted.
- Instead of sesame seeds, chopped macadamia nuts or shredded coconut can be used to coat the mochi balls.
- If desired, a steamer can be used in place of the rice cooker.



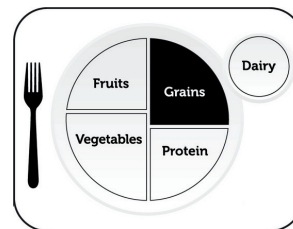
Rice cooker:
• 1 x 40 minutes
• 1 x 30 minutes
Prep: 15 minutes
Chill: 30 minutes



8 servings
(1 serving = 2 balls)



low fat
low sodium



Nutrition Facts	
8 servings per container	
Serving size 2 balls (61g)	
Amount per serving	
Calories	150
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 22g	8%
Dietary Fiber 3g	11%
Total Sugars 7g	
Includes 6g Added Sugars	12%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 121mg	10%
Iron 1mg	6%
Potassium 55mg	2%

*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.