

# 'UALA (SWEET POTATO) PALAU

## INGREDIENTS

- 1 ½ pounds **'uala** (purple sweet potatoes recommended)
- 2 tablespoons **sugar**
- ¼ cup **unsweetened coconut milk**
- ¼ cup **skim milk**

## 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 bowl, mash the 'uala with a fork or potato masher.
- 3) Refrigerate until cool to the touch.
- 4) Mix in the sugar, coconut milk, and skim milk.
- 5) Whip with a fork until fluffy.
- 6) Chill until ready to be served.

## NOTES

- Other varieties of sweet potatoes may be used.



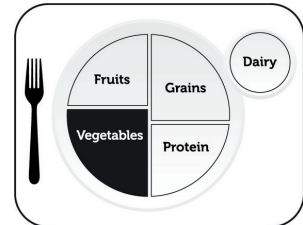
Rice cooker:  
40 minutes  
Prep: 25 minutes



8 servings  
(1 serving = ½ cup)



low fat  
low sodium



Nutrition Facts	
8 servings per container	
Serving size	1/2 cup (103g)
Amount per serving	
<b>Calories</b>	<b>130</b>
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 25g	9%
Dietary Fiber 3g	11%
Total Sugars 7g	
Includes 3g Added Sugars	6%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 40mg	4%
Iron 1mg	6%
Potassium 23mg	0%

\*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.