

# 'ULU (BREADFRUIT) SALAD

## INGREDIENTS

- 2 cups cooked and cubed **mature 'ulu** (about 1 pound)
- 1 cup **cabbage**, thinly sliced
- 1 small **carrot**
- 2 **hard boiled large eggs**
- 1 (5 ounce) can **tuna packed in water**
- $\frac{1}{3}$  cup **light mayonnaise**
- $\frac{1}{4}$  teaspoon **salt**
- $\frac{1}{8}$  teaspoon **black pepper**

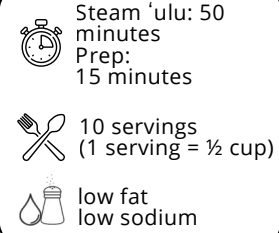
## DIRECTIONS

Always practice food safety when cooking.

- 1) Prepare 'ulu as described in the Food Basics section on pages 21 to 22.  
Be sure to cool 'ulu.
- 2) Cut 'ulu into 1 inch cubes. Set aside.
- 3) Chop cabbage into thinly sliced shreds. Set aside.
- 4) Shred carrot with a grater. Set aside.
- 5) Cut eggs into  $\frac{1}{2}$  inch cubes. Set aside.
- 6) Drain canned tuna and break apart into small chunks.
- 7) In a medium bowl, add 'ulu, cabbage, carrot, eggs, and tuna. Mix.
- 8) Add mayonnaise, salt, and pepper to the ingredients and mix well.

## NOTES

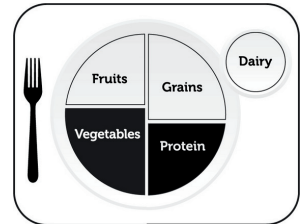
- Red cabbage can be used for more color.
- Imitation crab meat may be used in place of canned tuna.
- To add more vegetables, the salad can be served as a lettuce wrap.  
Place the salad in the center of a lettuce leaf and wrap it up.



Steam 'ulu: 50 minutes  
Prep: 15 minutes

10 servings  
(1 serving =  $\frac{1}{2}$  cup)

low fat  
low sodium



Nutrition Facts	
10 servings per container	
<b>Serving size</b> 1/2 cup (100g)	
<b>Amount per serving</b>	
<b>Calories</b> 100	
% Daily Value*	
<b>Total Fat</b> 3g	4%
Saturated Fat 0.5g	3%
Trans Fat 0g	
<b>Cholesterol</b> 45mg	15%
<b>Sodium</b> 180mg	8%
<b>Total Carbohydrate</b> 15g	5%
Dietary Fiber 3g	11%
Total Sugars 6g	
Includes 0g Added Sugars	0%
<b>Protein</b> 5g	
Vitamin D 0mcg	0%
Calcium 24mg	2%
Iron 1mg	6%
Potassium 323mg	6%

\*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 College of Micronesia, EFNEP