

'ULU (BREADFRUIT) WEDGES

INGREDIENTS

- 2 pounds cooked **mature (almost ripe) 'ulu***
- 3 tablespoons **vegetable oil**
- ¼ teaspoon **salt**

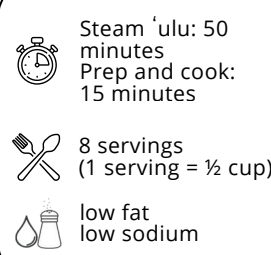
DIRECTIONS

Always practice food safety when cooking.

- 1) Prepare 'ulu as described in the "Food Basics" section on pages 21 to 22.
- 2) Cut 'ulu into ½ inch slices.
- 3) Cut 'ulu slices into about 1 ½ inch pieces.
- 4) In a large bowl, add 'ulu, oil, and salt. Toss gently until all pieces are coated.
- 5) In a large pan, fry the wedges on medium heat until golden brown on both sides.

NOTES

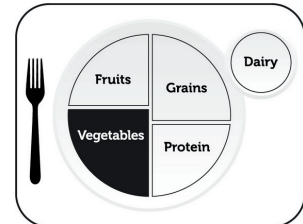
- *See "Food Photo Glossary" (pages 24 to 25) for examples of mature and ripe 'ulu.
- 'Ulu wedges can be eaten as a side or a snack.
- This is best eaten fresh, but can be refrigerated.
- Minced garlic can be added to the oil and salt before pan frying the wedges.
- Try with our "Ranch-style Dip" (page 85), hummus, or low-fat yogurt.



Steam 'ulu: 50 minutes
Prep and cook: 15 minutes

8 servings
(1 serving = ½ cup)

low fat
low sodium



Nutrition Facts	
8 servings per container	
Serving size	1/2 cup (115g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 75mg	3%
Total Carbohydrate 30g	11%
Dietary Fiber 5g	18%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.6mg	4%
Potassium 540mg	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.