

'ULU



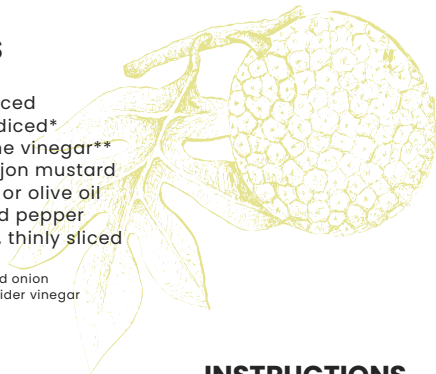
TOTAL TIME: 35 MIN
PREP: 15 MIN | COOK: 20 MIN

INGREDIENTS

- 3 lbs of 'ulu
- 1/2 lb bacon, diced
- 1 yellow onion, diced*
- 3/4 cup red wine vinegar**
- 1 tablespoon dijon mustard
- 1/4 cup canola or olive oil
- Salt and ground pepper
- 8 green onions, thinly sliced

*Able to substitute with red onion

**Able to substitute with cider vinegar



INSTRUCTIONS

- Preheat the stove to high. Steam 'ulu in a large pot with water until fork tender. Cut the 'ulu into cubes when cool enough to handle. Place the 'ulu in a large bowl and cover to keep warm.
- Sauté bacon until crisp. Remove the bacon with a slotted spoon and drain on a paper towel-lined plate. Add the red onion to the rendered bacon fat and cook until soft, about 3 to 4 minutes. Carefully add vinegar and mustard and cook for 2 more minutes. Whisk in the oil and season, to taste, with salt and pepper. Add the hot dressing to the 'ulu and toss gently to coat. Fold in the green onions and parsley. Season again with salt and pepper, to taste.

'ULU GERMAN SALAD



Nutrition Facts

servings per container
Serving size (220g)

Amount per serving
Calories 230

% Daily Value*

Total Fat 0.5g 1%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 0mg 0%

Total Carbohydrate 60g 22%

Dietary Fiber 11g 39%

Total Sugars 24g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 37mg 2%

Iron 1mg 6%

Potassium 1078mg 25%

*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.

HIGH FIBER
ZERO ADDED SUGAR

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