



RECIPES WITH **KALO**



TOTAL TIME: 5 MIN
PREP: 5 MIN | COOK: 0 MIN

LŪ'AU DIP

INGREDIENTS

- 2 cups of Greek yogurt (plain)
- 1 ranch seasoning packet
- 6 oz of frozen lū'au leaves, thawed and drained
- **Optional:** 1 can water chestnuts, drained and chopped



INSTRUCTIONS

- Thaw lū'au leaves from freezer and drain thoroughly of water.
- In a mixing bowl, combine greek yogurt, ranch seasoning packet, and lū'au leaves. Mix until all ingredients are well combined.
- Chill in the refrigerator for at least one hour to overnight to allow the flavor to marinate.
- Serve with bread, chips, or vegetables. To maximize nutrient absorption, pair lū'au dip with vegetables high in Vitamin A, D, E, or K such as carrots and bell peppers.



Learn more at polhi.org/aipono

Nutrition Facts

servings per container

Serving size (81g)

Amount per serving

Calories **45**

% Daily Value*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 5mg **2%**

Sodium 270mg **12%**

Total Carbohydrate 3g **1%**

Dietary Fiber 0g **0%**

Total Sugars 2g

Includes 0g Added Sugars **0%**

Protein 6g

Vitamin D 0mcg **0%**

Calcium 80mg **6%**

Iron 0mg **0%**

Potassium 177mg **4%**

*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.

★ **1 CUP = 81 G**
ZERO ADDED SUGAR