



RECIPES WITH

'ULU

TOTAL TIME: 35 MIN

PREP: 15 MIN | COOK: 20 MIN

'ULU GERMAN SALAD

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.





Learn more at polhi.org/aipono

Nutrition Facts

servings per container

Serving size (135g)

Amount per serving

Calories **200**

% Daily Value*

Total Fat 9g 12%

Saturated Fat 2.5g 13%

Trans Fat 0g

Cholesterol 15mg 5%

Sodium 410mg 18%

Total Carbohydrate 26g 9%

Dietary Fiber 5g 18%

Total Sugars 11g

Includes 0g Added Sugars 0%

Protein 6g

Vitamin D 0mcg 0%

Calcium 24mg 2%

Iron 1mg 6%

Potassium 472mg 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.

✦ **1 CUP = 135 G**

GOOD SOURCE OF FIBER

ZERO ADDED SUGAR