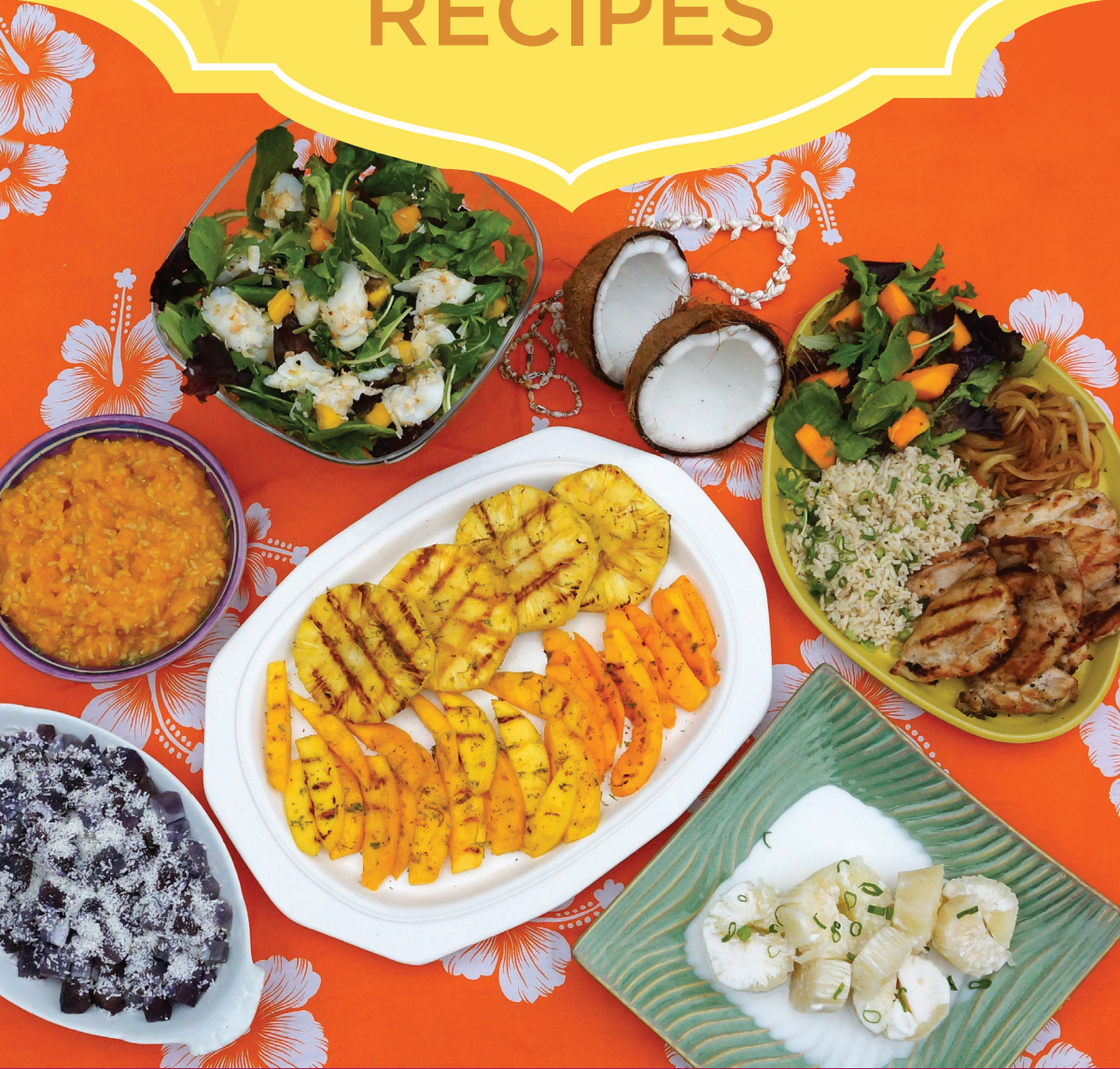


KAHALU'U BAY HAWAI'I ISLAND RECIPES



Compiled by Leah's Pantry

In collaboration with youth from Kahalu'u Bay Education Center,
a program of The Kohala Center



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Thank you to our youth
chefs for helping us
develop these recipes!





Servings: 8
Serving Size: 3/4 cup
Ready In: 25 min.

Tropical Fruit Plate



Grilling transforms simple fruit into a very special dessert. Arrange the fruit on a large platter for maximum eye appeal.

Ingredients

1 teaspoon grated zest, about 1 lime
1/2 teaspoon salt
1/2 teaspoon chili powder or chipotle powder
1 mango, peeled and cut into thick slices
1/2 medium pineapple
1/2 medium papaya, seeded and cut into thick wedges
2 Tablespoons lime juice, about 1 lime

Directions

1. In a small bowl, stir together the lime zest, salt, and chili powder. Set aside.
2. Brush fruit with lime juice.
3. Heat grill to 400° or prepare hot coals. Arrange fruit evenly on grill rack and cook about 3-4 minutes per side.
4. Transfer to a large platter. Sprinkle with lime, chili powder, and salt mixture. Serve warm.

Chef's Tip

You can use grill pans on the stove-top or your oven broiler to sear the fruit instead of using an outdoor grill.

Nutrition Information per Serving

Total Calories: 60 Fiber: 2 g
Total Fat: 0.4 g Protein: 0.7 g
Sat. Fat: 0.1 g Sodium: 153 mg
Carbohydrates: 15 g



Servings: 12
Serving Size: 1/2 cup
Ready In: 55 min.

Breadfruit with Coconut Milk



Breadfruit, a large fruit with a starchy texture much like a potato, is popular in tropical countries around the world but can be tough to find in the U.S. outside of Hawaii. We used cassava in the photo above, which is easier to find in fresh or frozen varieties.

Ingredients

1 green (unripe) breadfruit,
or 2 pounds taro or cassava
(thawed if frozen)
1/2 teaspoon salt
1/4 cup coconut milk

Directions

1. Peel breadfruit and cut into large wedges.
2. Place in a large pot. Add salt and then enough water to cover the breadfruit. Bring to a boil, then reduce heat and simmer until tender, 10 to 20 minutes.
3. Transfer carefully to a shallow dish with a slotted spoon; discard the water. Drizzle with coconut milk while still warm.

Chef's Tips

- When working with unripe breadfruit, coat your knife and the cutting board with vegetable oil to prevent them from sticking to the fruits' natural sap.
- Taro has an enzyme that might irritate your skin. If using taro in this recipe, we recommend wearing rubber gloves or oiling your hands before handling the peeled taro.

Nutrition Information per Serving

Total Calories: 87	Fiber: 3.7 g
Total Fat: 1.2 g	Protein: 0.9 g
Sat. Fat: 0.9 g	Sodium: 100 mg
Carbohydrates: 21 g	



Servings: 6
Serving Size: 1/2 cup
Ready In: 25 min.

Mo'ō Mo'ō Sweet Potatoes



Mo'ō Mo'ō, one of our Marshallese youth chefs, created this delicious tropical side dish.

Ingredients

4 Japanese sweet potatoes, about 1 1/2 lb., cut into small cubes
1/4 cup coconut milk
1/4 cup shredded unsweetened coconut

Directions

1. Combine sweet potatoes and enough water to come halfway up the pieces in a large pot. Bring to a boil, then cover and cook until tender, about 15 minutes, stirring once or twice. Drain sweet potatoes.
2. Transfer sweet potatoes to a shallow platter or serving bowl. Drizzle with coconut milk and stir very gently.
3. Sprinkle with grated coconut.
4. Serve cool or warm.

Nutrition Information per Serving

Total Calories: 136	Fiber: 3.6 g
Total Fat: 3.5 g	Protein: 2 g
Sat. Fat: 3 g	Sodium: 74 mg
Carbohydrates: 25 g	



Servings: 4
Serving Size: 2 cups
Ready In: 20 min.

Grilled Fish with Mango & Coconut Salad



Nathen, one of our Marshallese youth chefs, impressed us all with this delicious and flavorful fish. The refreshing, summery salad completes the meal. If you don't have mango, ripe peaches or kiwis go well with fish, too.

Ingredients

Dressing

1 1/2 Tablespoons
fresh lime juice
1 tablespoon olive oil
1 teaspoon honey
1/2 teaspoon crushed red
pepper



Ingredients (continued)

Fish

2 Tablespoons canned
coconut milk
3 cloves garlic, minced
1/4 teaspoon salt
1/2 teaspoon ground
black pepper
1 pound firm white fish,
like mahi mahi, opakapaka
(pink snapper), or cod

6 cups mixed salad
greens, washed and torn
into bite-sized pieces
1/4 cup toasted
unsweetened
flaked coconut
1 ripe mango, peeled
and diced

Directions

1. In a small bowl, stir together all the ingredients for the dressing. Set aside.

(continued on p. 9)

Nutrition Information per Serving

Total Calories: 243	Fiber: 2.5 g
Total Fat: 8.3 g	Protein: 23 g
Sat. Fat: 4 g	Sodium: 598 mg
Carbohydrates: 20 g	



Directions (continued)

2. In a medium bowl, stir together coconut milk, garlic, salt, and pepper. Add the fish and turn to coat evenly. Let marinate 30 minutes, or refrigerate overnight.
3. Heat a grill, broiler, or heavy skillet. Cook fish until just tender, 3-5 minutes each side. Transfer fish to a cutting board and break into small pieces.
4. In a large bowl, combine greens and mango. Drizzle in the dressing and toss gently to mix. Sprinkle with flaked coconut. Top salad with fish, and serve immediately.





Servings: 4
Serving Size: 1 1/3 cups
Ready In: 20 min.

No-Tuna Poke Bowls



Pressed tofu has a texture similar to fish, while pineapple adds delicate sweetness.

Ingredients

Marinade

- 1-2 Tablespoons chili garlic sauce, optional
- 1 Tablespoon roasted sesame oil
- 1 1/2 Tablespoon soy sauce
- 1 teaspoon grated ginger
- 1/4 cup canned pineapple juice
- 1 Tablespoons lime juice, divided
- 1 (14 oz.) block of firm tofu



Ingredients (continued)

Tofu Bowl

- 1 cup diced pineapple
- 1 ripe avocado, sliced
- 1 small cucumber, diced
- 1 small carrot, shredded
- 1 sheet roasted nori seaweed, cut into thin strips
- 2 cups cooked brown rice
- 1 Tablespoon toasted sesame seeds, optional

Directions

1. Cut tofu into 1/2-inch thick planks and set on a few layers of paper towels. Cover with a few more paper towels and set a heavy plate or cutting board on top. Add weight with a couple of food cans and leave for at least 20 minutes to press out excess moisture.
2. Meanwhile, whisk to combine the ingredients for the marinade. of your choice.

(continued on p. 11)

Nutrition Information per Serving

Total Calories: 436	Fiber: 7.6 g
Total Fat: 17.5 g	Protein: 15 g
Sat. Fat: 2.8 g	Sodium: 252 mg
Carbohydrates: 60 g	



Directions (continued)

3. Dice tofu into 1/2-inch cubes. Combine tofu with marinade and stir gently. Marinate for at least 30 minutes, stirring once or twice (or refrigerate overnight for best flavor).
4. Just before serving, prepare pineapple, avocado, cucumber and carrot.
5. To assemble, divide brown rice into 4 shallow bowls. Arrange pineapple, avocado, cucumber, and carrot on rice. Spoon marinated tofu on top, and then garnish with nori and sesame seeds.





Servings: 6
Serving Size: 1/2 cup
Ready In: 1 hr.

Pumpkin Rice Pudding



Our youth partners Maglynn and Ashley introduced us to this delicious combination of bright, sweet winter squash and rice. Use leftover rice and canned pumpkin puree for a really quick meal.

Ingredients

1/2 cup dry brown rice
(or 1 cup cooked)
3 cups water
1/2 teaspoon salt



Ingredients (continued)

2 1/2 lb. sugar pumpkin,
butternut, or kabocha
squash (or 2 cups
canned pumpkin puree*
see *Chef's Tip*)
1 Tablespoon sugar
1/2 teaspoon vanilla extract

Directions

1. Combine rice with water and salt in a large pot. Bring to a boil and then reduce to a simmer. Cover pot and cook rice until very soft and sticky, about 45 minutes.
2. Put whole squash in microwave. Cook for 10-15 minutes on HIGH.
3. Remove from microwave. Allow to cool for at least 5 minutes, or until cool to touch.
4. Cut squash lengthwise. Scoop out the seeds and discard.

(continued on p. 13)

Nutrition Information per Serving

Total Calories: 94	Fiber: 2.9 g
Total Fat: 0.6 g	Protein: 2 g
Sat. Fat: 0.2 g	Sodium: 205 mg
Carbohydrates: 21 g	



Directions (continued)

5. With a spoon, scrape out the flesh into a bowl. Stir in sugar and vanilla. Add water, if needed, for a porridge consistency. Simmer 2 to 3 minutes over low heat to warm through.

Chef's Tip

If you substitute canned pumpkin for the whole fresh pumpkin or squash, eliminate steps 2-4.





Servings: 4
Serving Size: 4 oz.
Ready In: 1 hr. 5 min.

Mona Emman Chicken



The name for this recipe translates to “Eat Fresh Chicken”, which was named by the Marshallese youth who helped developed the dish.

Ingredients

4 cloves garlic, minced
2 Tablespoons soy sauce
4 boneless, skinless chicken thighs, about 1 pound
1 onion, sliced thinly
2 scallions, sliced
1 Tablespoon vegetable oil

Directions

1. Stir together garlic and soy sauce in a large bowl. Add chicken, onion and scallions. Toss to coat evenly.
2. Marinate chicken thighs 30 minutes, or refrigerate overnight.
3. Prepare a grill outside, or heat a grill pan on the stove. Coat thinly with oil, then add chicken and onions. Cook until done at center, about 10 minutes each side.

Chef's Tips

- To cook in the oven, preheat the broiler. Scatter the onion slices on the bottom of a shallow pan, and place chicken on top of them. Broil about 10 minutes each side.
- This recipe is delicious served with a side salad.

Nutrition Information per Serving

Total Calories: 188 Fiber: 0.7 g
Total Fat: 8.2 g Protein: 24 g
Sat. Fat: 1.5 g Sodium: 397 mg
Carbohydrates: 4 g



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