



KALO PREPARATION

(Taro Root)

Hawai‘i-grown kalo, also called taro, is a culturally significant staple crop that can be served as a whole grain equivalent or starchy vegetable. While handling fresh kalo can be difficult due to the needle-like calcium oxalate crystals, which must be fully cooked to break down, kalo is easier to cook when it’s pre-steamed. It reduces prep time, and ensures a safe product for eaters to enjoy.

USAGE TIPS FOR RECIPE-READY KALO

1. Defrost frozen kalo in the refrigerator for 12-24 hours or steam for 5-10 minutes. *Do not overcook!*
2. Cut or chop the kalo into desired size.
3. Serve kalo as a whole grain equivalent or starchy side vegetable.
4. If serving steamed kalo as in a recipe, follow these **reheating tips** for best results:



METHOD	MICRO-WAVE	STEAM	BOIL	BAKE
DEFROSTED	1-2 min.	8 min.	10 min.	15 min.
FROZEN	3-4 min.	20 min.	15 min.	25 min.
TIPS	Cover with damp paper towel for even heating	To shorten steam time, chop into small pieces	Avoid over-boiling to retain vitamins	Wrap in foil to lock in moisture

DEFROSTED KALO

SOUPS & STEWS
Add during final 5-10 minutes of cooking

ROASTING
Can be oven roasted without steaming first.

5. If pre-steamed kalo is added toward the end of the recipe, do not overcook so that the kalo holds its shape and does not get too soft!

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 0g		0%	Total Carbohydrate 29g
Saturated Fat 0.0196g		0%	Dietary Fiber 4g	14%
Trans Fat 0g			Total Sugars 0g	
Cholesterol 0mg		0%	Includes 0g Added Sugars	0%
Sodium 15mg		1%	Protein 1g	2%
<small>*The % Daily Value (DV) 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.</small>				

Serving size 3 oz. (85g)
Amount per serving
Calories 120

Vitamin D 0mcg (0%) • Calcium 15.3mg (2%) • Iron .612mg (4%) • Potassium 411mg (8%)
Vitamin A (8%) • Vitamin C (4%)



HOW TO CREDIT

A ½ cup of kalo can be credited as EITHER a starchy vegetable OR grain serving in USDA meals in Hawai‘i.
For more info: SP 19-2024, CACFP 07-2024, SFSP 12-2024.



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