



# PALA'AI PREPARATION

(Kabocha Pumpkin/Winter Squash)

Hawai'i-grown pala'ai, commonly called Kabocha pumpkin, is a delicious local crop that can be served as a red/orange vegetable or a starch. While handling fresh pala'ai can be difficult due to the shape and tough skin, using pre-steamed and frozen – or “recipe-ready” – pala'ai is easier to cook, safer to handle and reduces prep time.

## USAGE TIPS FOR RECIPE-READY PALA'AI

1. Defrost frozen pala'ai in the refrigerator for 12-24 hours or steam for 5-10 minutes.

*Do not overcook!*

2. Cut or chop the pala'ai into desired size.

3. If serving pala'ai as-is, follow these **reheating tips** for best results:



	MICRO-WAVE 	STEAM 	BOIL 	BAKE 
<b>DEFROSTED</b>	1-2 min.	8 min.	10 min.	15 min.
<b>FROZEN</b>	3-4 min.	20 min.	15 min.	25 min.
<b>TIPS</b>	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 'UALA**

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

**ROASTING**  
Can be oven roasted without steaming first.

4. Do not overcook recipe-ready pala'ai, so that it holds its shape and does not get too soft!

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	<b>Total Fat</b> 0g	0g	0%	<b>Total Carbohydrate</b> 4g
Saturated Fat 0g	0g	0%	Dietary Fiber 1g	4%
Trans Fat 0g	0g	0%	Total Sugars 1g	
<b>Cholesterol</b> 0mg	0mg	0%	Includes 0g Added Sugars	0%
<b>Sodium</b> 0mg	0mg	0%	<b>Protein</b> 1g	2%
Vitamin A (80%) • Calcium (2%) • Vitamin D (0%) • Iron (2%) • Vitamin C (6%)				

Serving size 3 oz. (85g)  
Amount per serving  
**Calories 15**

\*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.



## HOW TO CREDIT

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



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