



'UALA PREPARATION

(Sweet Potato)

Hawai'i-grown 'uala, also called sweet potato, is a nutritious, traditional starch that can be used in both savory and sweet dishes. Thanks to new Child Nutrition Program rules, 'uala can now be served as either a starchy vegetable or whole grain equivalent in Hawai'i school meals.

USAGE TIPS FOR RECIPE-READY 'UALA

1. Defrost frozen 'uala in the refrigerator for 12-24 hours or steam for 8-10 minutes.
Do not overcook!
2. Cut or chop the 'uala into desired size.
3. If serving pre-cooked 'uala as-is, follow these **reheating tips** for best results:



METHOD	MICRO-WAVE	STEAM	BOIL	BAKE
DEFROSTED	1-2 min.	8-10 min.	8-10 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 'UALA

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

ROASTING
Can be oven roasted without steaming first.

4. Do not overcook the 'uala so that it holds its shape and does not get too soft or mushy.

Nutrition Facts		Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
Serving size 3 oz. (85g) Amount per serving Calories 120	Total Fat	0g	0%	Total Carbohydrate	30g 11%
	Saturated Fat	0.0196g	0%	Dietary Fiber	3g 11%
	Trans Fat	0g		Total Sugars	0g
	Cholesterol	0mg	0%	Includes 0g Added Sugars	0%
	Sodium	10mg	0%	Protein	<1g 1%
		Vitamin D 0mcg (0%) • Calcium 28.8mg (2%) • Iron .5mg (2%) • Potassium 404mg (8%) Vitamin A (45%) • Vitamin E 4%			

*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 'uala 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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