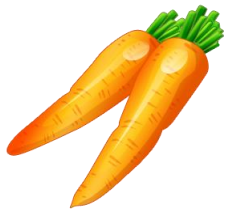


Let's eat more Vegetables & Fruits

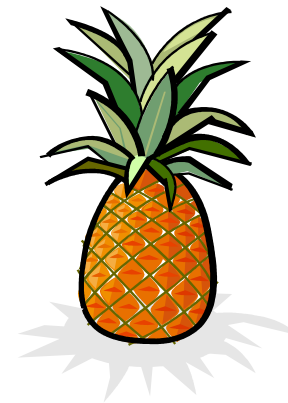
# Recipe Calendar

## Vegetables & Fruits

### 2015



COM-FSM Cooperative Research and  
Extension Service and  
Japan International Cooperation Agency



# Fish Meat or Crab Meat with Vegetable in Coconut Shell

**INGREDIENT** 5 servings



- 2 cups fish meat or crab meat
- 2 cups vegetable (cabbage, bell pepper, and so on)
- 2 tomatoes or 1 tomato can, diced
- 1 onion diced
- 2 tablespoons lime juice
- 2 cups coconut cream
- Salt and pepper for taste
- 5 coconut shells

## METHOD



- 1 Clean the fish or crab and boil.
- 2 Cool and remove the meat, and cut into small cubes.

- 1 Kamwakelehda mwahmwo de elimoango oh pwoaillehda.
- 2 Kalaudi oh kaudukehdi oh serepene ni mwomwen kisin kakon.



- 3 Dip the vegetables in hot water for 1 minute, remove and dice.
- 4 Mix all the ingredients together and put in the coconut shell.
- 3 Kaduhki then tuhke de iasai nan pihl karakar minit 1 oh serepene pisetik.
- 4 Doaloapene dolepeh kan koaros mwahu oh kiheng nan pohndalo oh pwaindi.



- 5 Steam for 1hour.
- 5 Pwoail ngalangalih ki awa ehu.

Limit these Nutrients		Get Enough of these Nutrients	
Nutrition Facts		Serving in this recipe: 5	
Amount Per Serving			
Calories	419	Clories from Fat	318
		% Daily Value*	
<b>Total Fat</b>	35 g	<b>VitaminA</b>	3 %
Saturated Fat	30 g	<b>VitaminC</b>	40 %
Trans Fat	0 g	<b>Calucium</b>	7 %
<b>Cholesterol</b>	45 mg	<b>Iron</b>	19 %
<b>Sodium</b>	873 mg	*Percent Daily Values are based on a 2,000 calorie diet. Your dietary values may be higher or lower depending on your calorie needs.	
<b>Potassium</b>	709 mg	Calories: 2,000      2,500	
<b>Total Carbohydrate</b>	14 g	<b>Total Fat</b>	Less than 65 g      80 g
Dietary Fiber	4 g	Sat Fat	Less than 20 g      25 g
Sugars	4 g	<b>Cholesterol</b>	Less than 300 mg      300 mg
<b>Protein</b>	17 g	<b>Sodium</b>	Less than 2,400 mg      2,400 mg
		<b>Total Carbohydrate</b>	300 g      375 g
		Dietary Fiber	25 g      30 g

This nutrition fact is calculated by USDA National Nutrient Database.

# Banana Flower Salad

## INGREDIENT

6 servings



- 2 banana flowers
- 2 cups green papaya, sliced thinly
- ½ onion, minced
- ⅓ cup soy sauce
- ¼ cup vinegar
- 1 tablespoon ginger, minced
- 4 cups salt water
- 1 tablespoon oil
- Pepper for taste



## METHOD

- 1 Clean the banana flowers. Remove each layer until you reach the white part.
- 2 Slice banana flowers, and soak them in the salt water. Squeeze them until the water becomes white and rinse once.



- 1 Kamwakelehda kakipwel en uhto oh mwakelekel oh lau lel wasa me pwetepweto.
- 2 Serehdi pisetik oh sohndi nan pilen soahl. Padik nan pilen soahlo lau pilehu pil pwetepwetla, kowe padikadahsang nan pihlo.



- 5 Rub salt into sliced green papaya, and rinse them once.
- 6 Mix soy sauce, vinegar, oil, ginger, pepper, and onion.
- 7 Mix all ingredients well.

- 5 Serehdi pisetik memiap pwul oh padik nan pilen soal oh widensang pilen soahlo.
- 6 Doaloapene sohiou, vinegar, oil, ginger, pepper, oh onion.
- 7 Doaloapene dolepehkan koaros.

- 3 Add water and bring to boil for 10 minutes.
- 4 Strain off the water, and after cooling the banana flowers, squeeze them.
- 3 Kowe kiheng pihl kowe eri pwoailihki minit 10.
- 4 Mwurin pwoail, kowe eri sihpihsang nan pihlo, kowe eri kalaudi oh padikasang pileh kan.



Limit these Nutrients		Get Enough of these Nutrients	
Nutrition Facts		1 Serving	Serving in this recipe: 6
Amount Per Serving			
Calories	58	Clories from Fat	22
		% Daily Value*	
Total Fat	3 g		4 %
Saturated Fat	0 g		0 %
Trans Fat	0 g		
Cholesterol	0 mg		0 %
Sodium	781 mg		33 %
Potassium	201 mg		6 %
Total Carbohydrate	7 g		2 %
Dietary Fiber	2 g		9 %
Sugars	4 g		
Protein	2 g		
		Calories: 2,000    2,500	
VitaminA	2 %	Calucium	4 %
VitaminC	55 %	Iron	3 %
*Percent Daily Values are based on a 2,000 caloorie diet.Your dietary values may be higher or lower depending on your calorie needs.			
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

This nutrition fact is calculated using cabbage instead of banana flower because of no data.

This nutrition fact is calculated by USDA National Nutrient Database and Japanese food composition.

# Papaya Drink

**INGREDIENT** 10 servings



- 1 ripe papaya
- 1 green papaya
- ½ gallon water
- ½ cup fresh milk
- 2 cups green leafy vegetable ( kangkong, spinach, pumpkin tops and so on), cut into 1inch
- ½ cup sugar

## METHOD



- 1 Clean the ripe and green papayas, and slice.
- 2 Add water, and simmer the papayas for 30 minutes.

- 1 Kamwakelehda memiap pwul oh mat oh serehdi tikitik.
- 2 Kiheng pihl oh kakarakarahda pohn stohpo pwehn ekis karakar.



- 3 Add the vegetables and cook for 2 minutes.
- 4 Cool and blend after adding sugar.
- 5 Add fresh milk, and ready to serve.
- 3 Kapatahieng iasai teikan oh kukihki erein minit 2.
- 4 Kiheng suke, kalaudi oh kamwutepene de (blend).
- 5 Kapatahieng fresh milik oh kakehr doadoahk.



Limit these Nutrients		Get Enough of these Nutrients	
Nutrition Facts		Serving in this recipe: 10	
Amount Per Serving			
Calories	80	Clories from Fat	0
		% Daily Value*	
<b>Total Fat</b>	0 g	<b>VitaminA</b>	11 %
Saturated Fat	0 g	<b>VitaminC</b>	77 %
Trans Fat	0 g	<b>Calucium</b>	4 %
<b>Cholesterol</b>	1 mg	<b>Iron</b>	2 %
<b>Sodium</b>	15 mg	*Percent Daily Values are based on a 2,000 calorie diet.Your dietary values may be higher or lower depending on your calorie needs.	
<b>Potassium</b>	180 mg	Calories: 2,000      2,500	
<b>Total Carbohydrate</b>	19 g	<b>Total Fat</b>	Less than 65 g      80 g
Dietary Fiber	2 g	Sat Fat	Less than 20 g      25 g
Sugars	17 g	<b>Cholesterol</b>	Less than 300 mg      300 mg
<b>Protein</b>	1 g	<b>Sodium</b>	Less than 2,400 mg      2,400 mg
		<b>Total Carbohydrate</b>	300 g      375 g
		Dietary Fiber	25 g      30 g

This nutrition fact is calculated by USDA National Nutrient Database and Japanese food composition.

# Kangkong with Fish

**INGREDIENT** 8 servings



- 3 lbs fish
- 20 kangkong tops
- 1 small onion, sliced thinly
- ½ cup soy sauce
- ¼ cup vinegar
- 1 tablespoon oil
- 2 tablespoons ginger, minced
- Pepper for taste

## METHOD



- 1 Clean the fish.
  - 2 Fry the fish thoroughly. (Put the heated fish on a non-plastic surface)
- 1 Kamwakelehda mwahmw.
  - 2 Pirainihda mwahmw oh (pwilikihdi mwahmw pohn mehkot me sohte plastic).



- 5 To make the soy sauce dressing, mix soy sauce, vinegar, oil, ginger, onion, and pepper, and bring to a boil.
  - 6 Pour the soy sauce dressing on the fish.
- 5 Doaloapene sohiu, vinegar, oil, onion, pepper oh karakarahda pwehn ekis pwoail.
  - 6 Widekiheng pohn mwahmw me tehn kangkong kan mih powe.



- 3 Dip kangkong tops in the boiling water, and stir once, then remove them from the hot water immediately.
  - 4 Cut the kangkong tops into 1 inch pieces and put them on the top of the fried fish.
- 3 Kaduhdi kupwuden tehn kangkong kan nan pihl kararar komwi ariada oh kihdahsang loale.
  - 4 Lupukpene kupwuden kangkong kan ni uwen reirei ki ins ehu, komwi eri kiheng pohn mwahmw kan.



Limit these Nutrients		Get Enough of these Nutrients	
Nutrition Facts		1 Serving	
Amount Per Serving		Serving in this recipe: 8	
Calories	170	Calories from Fat	88
		% Daily Value*	
Total Fat	10 g	15 %	
Saturated Fat	1 g	4 %	
Trans Fat	0 g		
Cholesterol	62 mg	21 %	
Sodium	961 mg	40 %	
Potassium	538 mg	15 %	
Total Carbohydrate	3 g	1 %	
Dietary Fiber	1 g	4 %	
Sugars	0 g		
Protein	18 g		
		*Percent Daily Values are based on a 2,000 calorie diet. Your dietary values may be higher or lower depending on your calorie needs.	
		Calories:	2,000      2,500
Total Fat	Less than	65 g	80 g
Sat Fat	Less than	20 g	25 g
Cholesterol	Less than	300 mg	300 mg
Sodium	Less than	2,400 mg	2,400 mg
Total Carbohydrate		300 g	375 g
Dietary Fiber		25 g	30 g

This nutrition fact is calculated by USDA National Nutrient Database and Japanese food composition.