

American Samoa

Breadfruit with Coconut Milk

Featured Food: Breadfruit

Makes: 12 servings

Ingredients

- 1 breadfruit or 2 pounds of cassava, thawed if frozen
- ½ teaspoon of salt
- ¼ cup of coconut milk, canned

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, 10-20 minutes.
3. Using a slotted spoon, transfer carefully to a shallow dish; discard the water. Drizzle with coconut milk while still warm.



Note: 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. Cassava can be substituted for the breadfruit in this recipe, if it is unavailable.

Recipe from: CalFresh via Leah's Pantry, *Healthy, Easy Recipes Inspired by Asia and the Pacific Islands*, adapted by the USDA Food and Nutrition Administration. ###

USDA is an equal opportunity provider, employer, and lender.