

# Healthy Futures

## School and Community Garden Cookbook





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**COMPILED BY** Jo Dean

**PHOTOGRAPHS** Jo Dean

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**EDITING:** Jo Dean

**DESIGN** TerraCircle Assoc, Inc.

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**FRONT COVER:** Top left: Rolson weighs Pak Choi Top right: Green Papaya Salad  
Bottom left: Pineapple Bottom right: Chanel and Dior making quiche.



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# Introduction

Growing food is one of the most powerful ways to support good health and deepen our connection with the world around us. In the Marshall Islands, school and community gardens are becoming places of learning, healing, and joy. They give students the chance to move their bodies outdoors, care for plants, and experience the pride that comes from harvesting, cooking and eating what they've grown with their own hands.

Spending time outside in the garden is good for both our physical and mental health. Children feel the warmth of the sun, breathe in the salty ocean air, and stretch their muscles as they dig in the soil, push a wheelbarrow or carry water. The breeze cools their faces, fresh herbs fill the air with fragrance, and the sweet taste of a ripe pineapple or the crunch of fresh beans reminds us of nature's goodness. The garden brings all the senses to life—the sound of the waves, the feel of soft leaves and soil rich in organic matter, with the beauty of growing plants all around us. These small moments help us feel calm, connected, and alive.

Gardening also teaches us important values—to care for the earth, to care for each other, and to share fairly. These lessons help build strong, respectful communities and healthy habits that last a lifetime.

Food that is freshly picked from the garden is full of flavour and nutrients. It supports strong bodies, healthy digestion, and clear, focused minds. Gardening and moving outdoors encourage a deep respect for nature and help build lifelong habits for health and wellbeing. When we have access to healthy food close to our homes we feel secure and have control over what we can cook with, bringing nutritious offerings to children and families. It strengthens resilience when factors out of our control impact on food supply chains. When we grow and pick from a garden, we feel healthy and safe.

We are truly grateful to the schools across the Marshall Islands who have welcomed this journey through the World Diabetes Foundation 3-year project: R.M.I. – National Physical Activity & Nutrition for Healthy Futures. With your care and commitment, you are growing more than food—you are growing healthier, happier communities. Together we have had a lot of fun on this garden to plate adventure. Kommol tata.

JoAnne Dean  
School and Community Garden Educator  
Canvasback Wellness  
Australian Volunteer

# Foreword

Across the Pacific Islands, food is deeply tied to family, community, culture, and identity. It brings us together, nourishes our bodies, and connects us to the land and sea.

In school communities, food is also an opportunity. Schools are more than places of learning — they are centres of care, connection, and culture. By promoting healthy eating, we help children focus and learn in the classroom, grow and develop well, stay active, and build the knowledge they need to make lifelong healthy choices.

In recent years, there has been a growing recognition of the important role schools in the Pacific Islands play in supporting nutritious diets, for not just children, but also the broader community. That journey often begins with the food we offer, the knowledge we share and the habits we nurture.

This cookbook is a celebration of that role. It highlights how schools can support nutritious diets through meals that are not only healthy, but also visually appealing and taste great. From fresh local produce to traditional favourites with a modern twist, each recipe provides an opportunity to try and include nutritious foods in our diets. While many of the recipes focus on vegetables, the cookbook also includes some treats (or ‘sometimes foods’) for those important special occasions.

As I read through this collection and fondly recall my visits to the Republic of the Marshall Islands, I imagine the joy on children’s faces as they harvest from the garden, cook together, taste familiar favourites, and explore new flavours. My hope is that these experiences inspire them to share what they've learned at home, building a deep and lasting love for nutritious, local foods.

May this cookbook be used with joy and pride, and may it help nurture a future where Marshallese children — and their families — thrive in health, in culture, and in community.

A/Prof Sarah Burkhart  
University of the Sunshine Coast, Australia  
President, Federation of Oceanic Nutrition Societies  
Chair, Pacific School Food Network



# Acknowledgement

Many people contributed towards the collation of recipes in this cookbook and are wholeheartedly thanked for their dedication...

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- Rainbow Rairok Elementary School
- Long Island Elementary School
- Ajeltake Primary Elementary School
- Woja Elementary School
- Laura Elementary School
- Ebeye Elementary School
- Seventh Day Adventist School, Ebeye
- Queen of Peace, Ebeye
- Father Hacker's School, Ebeye
- Kwajalein High School
- GEM School, Ebeye
- Jabro School, Ebeye
- United Church Christian School, Ebeye
- Calvary School, Ebeye
- Jaluit Jaluit Elementary School
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*Canvasback kitchen staff*

# Wellness through food growing

Growing your own food supports good health, strong communities, and a deeper connection to the land. In the Marshall Islands, many traditional food plants like taro, breadfruit, pandanus, coconut, and leafy greens such as tirooj are not only highly nutritious but also well suited to our islands' climate and soil. By growing these foods close to home, families and communities strengthen local food security and reduce dependence on imported goods. Fresh food from our gardens is more reliable, more affordable, and better for our health.

Gardening also keeps cultural knowledge alive and helps pass it on to the next generation. It encourages children to learn through doing, move their bodies outdoors, and build respect for the environment and the wisdom of those who came before us.

## Healthy Eating in RMI

In a nut-shell, these are the Healthy Eating Guidelines to remember each day:



**Eat Protective Foods**  
(5 vegetables and 2 fruits) .



**Include Body Building Foods**  
(meat, fish, legumes, nuts).





**Include Energy Foods** (breadfruit, rice, taro, sweet potato).



**It is good to eat some fat**, and our body needs some sugar, but not too much.

For this reason we also have a Sometimes Food icon.

Look for these icons with the recipes to help with your menu planning.

### Remember

- ✿ fresh is best, then frozen, canned or dried
- ✿ avoid high-sugar, high-fat, high-salt, processed imported foods when possible.

### My healthy plate

We are what we eat. In the Republic of Marshall Islands we recommend 5 vegetables, 2 fruit, of protective food, as half a plate, and quarter of a plate each of body building food, and energy food. A diversity of food plants is the key for our bodies to grow healthy and strong, be energized and maintain good health.

- ✿ 50% Protective Foods (fruits and vegetables)
- ✿ 25% Body Building Foods
- ✿ 25% Energy Foods

### Portion sizes — use your hand







- ✿ your **cupped hand** is a simple way to measure food
- ✿ eat enough, but don't overeat.



The following table developed by the World Health Organization is a fabulous guide of how much to eat to remain healthy and strong.

When considering a diet to reduce risk of diabetes we emphasize eating more vegetables and fruit, and less starch than the table shows. It is included here to indicate how much to eat for a portion size, but to aim for 50% Protective Foods, 25% Body Building Foods and 25% Energy Foods.

Figure 1. Food groups and portion size

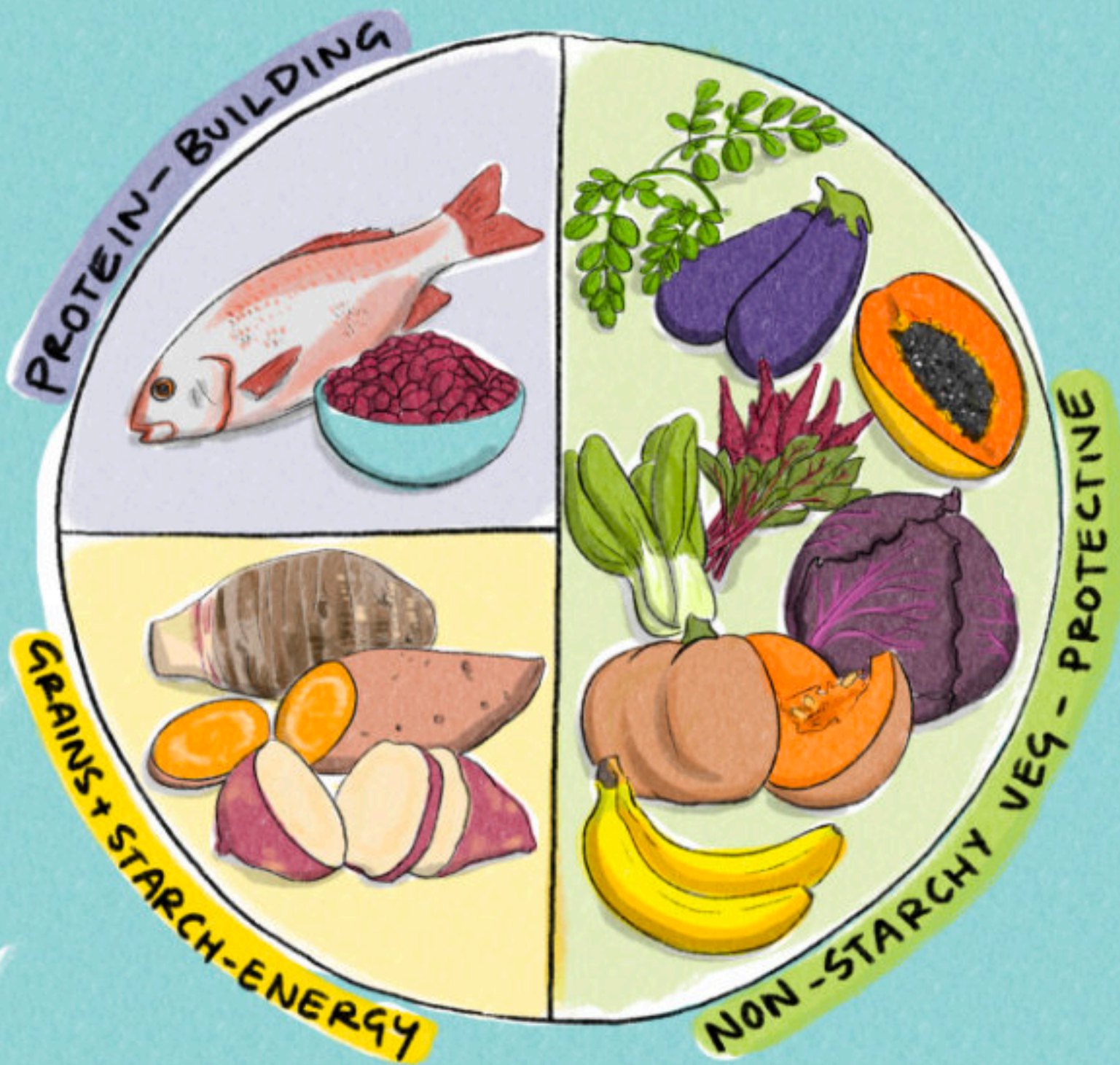
Food groups and types of foods to choose	Amount to be eaten	Main nutrients they provide
<b>Energy foods – starchy staples</b> <i>Energy food to choose:</i> <ul style="list-style-type: none"> <li>- Locally grown root crops</li> <li>- Breadfruit, cooked green bananas</li> <li>- Whole grain breads</li> <li>- Brown rice</li> </ul> <i>Energy foods to limit:</i> <ul style="list-style-type: none"> <li>- Refined grains and cereals such as white rice, pasta, noodles, vermicelli and bread</li> <li>- Foods prepared with fats and sugar, e.g. biscuits and cakes</li> </ul> <i>Energy foods to avoid:</i> <ul style="list-style-type: none"> <li>- Processed and deep-fried foods</li> <li>- Sugar and free sugars<sup>10</sup></li> <li>- Sugar-sweetened beverages</li> </ul>	<p>Should make up half (50%) of all the food you eat each day</p> <p>Eat at least six portions each day</p> <p>Example of portion: 1 portion = fist</p> 	Carbohydrates Vitamins Dietary fibre
<b>Protective foods – all vegetables and fruits</b> <i>Protective foods to choose:</i> <ul style="list-style-type: none"> <li>- All fresh fruits and vegetables, locally grown</li> <li>- All frozen vegetables and fruits with no added sugar or salt</li> </ul> <i>Protective food to limit:</i> <ul style="list-style-type: none"> <li>- Canned fruit in juice is a good alternative if fresh fruit is limited.</li> <li>- Dried fruits with no added sugar or preservatives</li> <li>- Canned vegetables containing little salt</li> </ul> <i>Protective foods to avoid:</i> <ul style="list-style-type: none"> <li>- Canned vegetables</li> <li>- Dried fruits with added sugar or preservatives</li> <li>- Cordials and fruit drinks</li> <li>- Fruit juice and fruit juice concentrate<sup>2</sup></li> </ul>	<p>Should make up one third (35%) of all the foods you eat each day</p> <p>Eat five or more portions each day</p> <p>Example of portions:  <b>Vegetables</b>            1 portion = 2 cupped hands    <b>Fruit</b>            1 portion = 1 cupped hand   </p>	Vitamins Minerals Dietary fibre Phytochemicals Antioxidants
<b>Body-building foods – protein rich foods</b> <i>Body-building foods to choose:</i> <ul style="list-style-type: none"> <li>- Local, lean cuts of meat, chicken</li> <li>- Fish</li> <li>- Eggs</li> <li>- Dried beans and legumes</li> <li>- Nuts</li> <li>- Reduced fat milk and milk products</li> </ul> <i>Body-building foods to limit:</i> <ul style="list-style-type: none"> <li>- Meat with visible fat</li> <li>- Canned meat or fish with high salt content</li> </ul> <i>Body-building foods to avoid:</i> <ul style="list-style-type: none"> <li>- Processed meat – spam, canned corned meat</li> <li>- Corned beef/brisket in container, burgers, sausages, condensed milk, mutton flaps</li> </ul>	<p>Should make up one sixth (15%) of all the food you eat each day</p> <p>Eat at least one to two portions each day</p> <p>Example of portions:  <b>Meat</b>            1 portion = palm of your hand    <b>Nuts</b>            1 portion = 1 cupped hand    <b>Beans/legumes</b>            1 portion = 1 cupped hand   </p>	Proteins and essential amino acids Vitamins Minerals Fatty acids Fibre (from dried beans and nuts)

<sup>10</sup> World Health Organization. 2015. Guideline: sugars intake for adults and children. WHO, Geneva, Switzerland.

Source: World Health Organisation



# THE 5+2





## Eat a Rainbow Every Day!

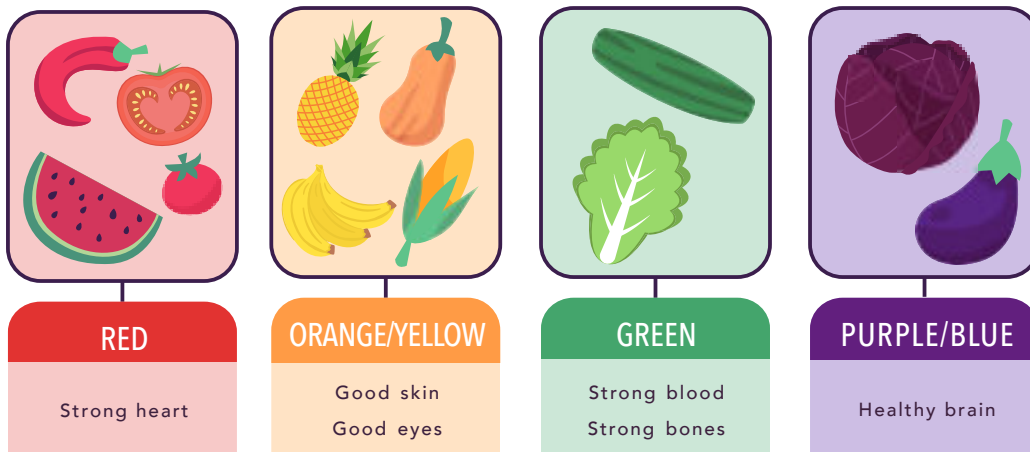
Fresh fruits and vegetables keep our bodies strong and healthy. Different colours give us different vitamins, minerals, and plant phyto-nutrients. A simple rule of thumb is: 'Eat a rainbow'.

Try to eat many colours each day:

- 🌸 **red** for a strong heart (like tomatoes, watermelon, malay apple)
- 🌸 **orange** and **yellow** for good eyes and skin (like pumpkin, pandanus, papaya and corn)
- 🌸 **green** for strong blood and bones (like leafy greens, cucumbers)
- 🌸 **purple** and **blue** for a healthy brain (like eggplant, purple cabbage).

The more colours on your plate, the more your body gets the nutrients it needs!

### Eat rainbow food every day



Children's artwork showing the importance of eating rainbow food



# EAT A RAINBOW



DRAWN BY @brenna\_quinlan



## Healthy soils grow healthy foods

When we feed the soil, we feed ourselves. Good soil helps plants grow strong and full of nutrients our bodies need. To nurture the soil with simple, effective gardening techniques like, making and using compost, adding organic nutrients to the soil by growing legumes and ground covers, organic fertilizers like fish waste and copra cake, using crop rotation and mindful garden design practices, our gardens will continue to grow well into the future.

Nurturing the soil ensures healthy families for continuing generations into the future.



*Nurturing the soil — composting at Woja*



## We are what we eat

Healthy Soils grow healthy plants which nourish our bodies to grow healthy and strong. Ensuring the gardens we grow have the nutrients the plants need is the most effective way to ensure our body receives the diversity of nutrients required to be healthy.



*Children nurturing the soil*

NUTRIENTS AND THEIR ROLES			
Nutrient	Symbol	Main role	
Nitrogen	N	Protein	Body building
Phosphorus	P	Energy	Energy transfer
Potassium	K	Fluid balance	+ Nerve signaling, heart rhythm, protective
Calcium	Ca	Structure	Bones, teeth
Iron	Fe	Energy	Red blood cells — O <sub>2</sub>
Manganese	Mn	Energy	Metabolism, protective
Copper	Cu	Energy	Blood cells, protective
Zinc	Zn	Various	Protective healing
Source: Republic of Marshall Islands Education Resource			



*Rosie cooking with  
vegetables picked fresh  
from the garden at C.M.I.*







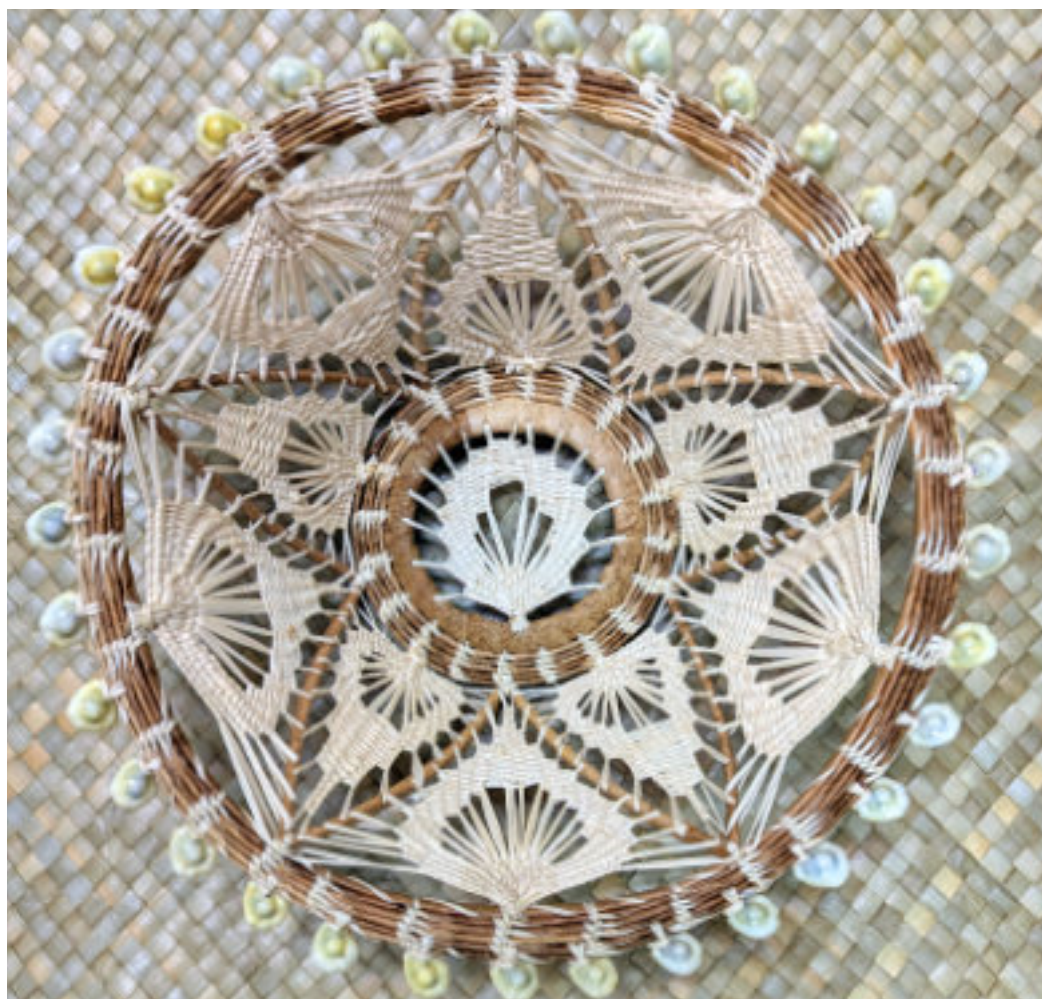
CHOOSE FROM OUR NOURISHING RECIPES

# Recipes

We are what we eat.

In the Republic of Marshall Islands we recommend 5 vegetables, 2 fruit, of protective food, as half a plate, and quarter of a plate each of body building food, and energy food.

A diversity of food plants is the key for our bodies to grow healthy and strong, be energized and maintain good health.



Marshallese  
Basket  
Handicraft

## FIRST FOODS

# Early Childhood

**The first 1000 days of life are important for growing strong and healthy**

What we eat in the first two years helps shape our health for the future. When babies try local fruits, vegetables, and greens from an early age, they learn to enjoy these healthy foods for life.

This section includes simple recipes to help babies begin eating soft food. The foods are mashed, pureed, or soft-cooked, using ingredients that are easy to grow or find in local gardens and markets.

### Helpful tips for baby foods:

- ❁ breastmilk is best for babies, continue breastfeeding while introducing solid food
- ❁ start with small amounts of soft food once or twice a day when baby is about 6 months old
- ❁ try new foods one at a time so baby can get used to the taste and texture
- ❁ soft local greens like sweet potato leaves, kangkong, and tirooj are very healthy for growing babies
- ❁ always check fish carefully to remove bones
- ❁ use clean, safe water for cooking and washing food.

Cooking with love helps babies grow with strength, connection, and the taste of home.







## EARLY CHILDHOOD

### Ingredients

1 cup pumpkin,  
peeled and chopped

¼ cup freshly squeezed  
coconut milk

A small pinch of salt  
(optional, for babies  
over 1 year)

## Creamy Pumpkin and Coconut Mash

For babies 6 months and older

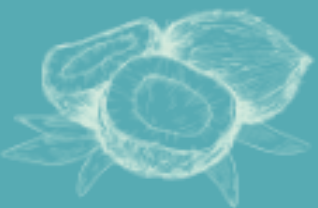


### How to make it

1. Steam or boil pumpkin until very soft (about 10–15 minutes).
2. Drain and mash with a fork or blend until smooth.
3. Stir in coconut milk to make a soft mash.
4. Let cool to warm before feeding your baby.

### Tip

Add more coconut milk or a little cooled boiled water for a thinner texture.



## EARLY CHILDHOOD

### Ingredients

½ cup tender leafy greens  
(e.g. tirooj, amaranth,  
bean leaves), washed and  
chopped

1 small sweet potato,  
peeled and chopped

¼ cup freshly  
squeezed coconut milk

## Leafy Greens and Potato Puree

For babies 6-8 months



### How to make it

1. Steam sweet potato until soft (about 10 minutes).
2. Add leafy greens and steam together for another 2–3 minutes until wilted.
3. Blend or mash until smooth with coconut milk.
4. Serve slightly warm.

### Tip

If blending, add more liquid to help smooth the texture.



## EARLY CHILDHOOD

### Ingredients

½ cup taro, peeled and chopped

½ cup mixed soft leafy greens

¼ cup coconut milk

## Taro and Coconut Baby Mash

For babies 8 months and older



### How to make it

1. Steam or boil taro until soft (about 15–20 minutes).
2. Add greens and cook until wilted.
3. Mash everything together with coconut milk.
4. Serve warm and soft.

### Tip

For a chunkier mash for older babies, use a fork instead of blending.



## EARLY CHILDHOOD

### Ingredients

½ ripe banana

½ cup ripe papaya, peeled and chopped

## Banana and Ripe Papaya Purée

For babies 6 months and older



### How to make it

1. Mash banana and papaya together with a fork until smooth.
2. Serve fresh at room temperature using a small spoon.

### Tip

No cooking needed! This is a perfect first food that's gentle on baby's tummy.



## EARLY CHILDHOOD

### Ingredients

½ cup chopped  
sweet potato

½ cup chopped ripe  
fruit (apple, guava,  
or malay apple)

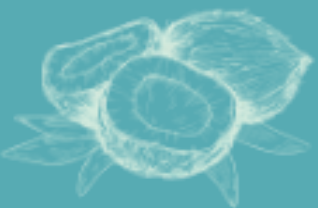
## Cooked Fruit and Sweet Potato Mash

For babies 6-8 months



### How to make it

1. Steam sweet potato and fruit together until soft (about 10–12 minutes).
2. Mash or blend until smooth.
3. Add a little boiled water if a softer texture is needed.
4. Serve warm or let cool slightly before feeding.



## EARLY CHILDHOOD

### Ingredients

¼ cup cooked soft fish  
(like tuna or reef fish),  
flaked

½ cup pumpkin, peeled  
and chopped

A small drizzle of coconut  
milk (optional)

## Soft Fish and Pumpkin Mash

For babies 7-9 months



### How to make it

1. Steam or boil pumpkin until very soft.
2. Add flaked cooked fish and mash together.
3. Stir in a little coconut milk if desired for creaminess.
4. Let cool to warm before feeding.

### Tip

Remove all bones and skin carefully before adding fish.



## EARLY CHILDHOOD

### Ingredients

¼ cup cooked  
soft fish, flaked

½ cup cooked soft  
leafy greens (like tirooj,  
kangkong, sweet potato  
or bean leaves)

¼ cup cooked soft rice

## Leafy Greens, Rice and Fish Purée

For babies 6-10 months



### How to make it

1. Blend or mash the greens, rice and fish together until soft and smooth.
2. Add a little cooled boiled water if needed.
3. Serve warm in small spoonfuls.



## EARLY CHILDHOOD

### Ingredients

½ cup cooked  
pumpkin (mashed)

½ cup cooked sweet  
potato leaves, kangkong,  
or tirooj (chopped finely or  
mashed)

2 tbsp cooked flaked fish  
(boneless — tuna,  
mackerel, or reef fish)

2 tbsp coconut milk  
(optional for a soft texture)

## Mashed Pumpkin, Greens and Fish

High in iron for growing babies



### How to make it

1. Wash all ingredients well.
2. Cook pumpkin until soft. Mash with a fork.
3. Steam or boil the leafy greens until soft. Mash or chop very finely.
4. Steam or boil the fish. Carefully check for bones and mash or flake finely.
5. Mix all ingredients together. Add a little coconut milk to soften if needed.

This soft, tasty mash is rich in iron, vitamin A, and healthy fats. Perfect for babies from around 6 months who are learning to eat.

NOURISHING RECIPES FOR

# Mothers

## Good food for breastfeeding mothers

When mothers are breastfeeding, their bodies need extra nourishment. Eating well helps give energy, supports recovery after birth, and keeps both mother and baby healthy.



Foods rich in iron help make strong blood and prevent tiredness. Coconut milk gives healthy fats that support brain and body growth. Fresh vegetables are full of important vitamins like Vitamin A, C, and B vitamins, which help the immune system, skin, eyes, and energy levels.

Eating a variety of colourful, natural foods every day helps mothers stay strong and pass on good nutrients through breast milk to their baby.



*Vegetables from TTM Farm,  
Laura at P.S.S. Education Week  
Cooking Competition*





## MOTHERS

### Ingredients

1 cup coconut milk (fresh or canned)

1 cup cooked chickpeas (fresh or canned)

1 cup breadfruit or other mixed vegetables (fresh, frozen, or canned)

1 tbsp coconut oil

1 small onion (chopped)

3 cloves garlic (chopped or minced)

½ tsp salt

½ tsp black pepper

## Coconut, Chickpea, Breadfruit and Greens

### A creamy, nourishing dish full of local goodness

This comforting recipe uses simple ingredients — coconut milk, chickpeas, and local vegetables. It's full of flavour and easy to make. Serve it with rice for a filling meal.

### How to make it



1. **Sauté the onion**
  - in a pan, heat the coconut oil
  - add the chopped onion and cook for 1 minute.
2. **Add the garlic**
  - stir in the garlic and cook for 1 more minute until fragrant.
3. **Season the base**
  - add salt and pepper, stir gently.
4. **Add the coconut milk**
  - pour in the coconut milk and mix well.
5. **Add the chickpeas**
  - stir in the chickpeas and cook for 1 minute.
6. **Add the greens and breadfruit**
  - fold in the greens and breadfruit or other vegetables
  - cook until warmed through and flavours combine.
7. **Serve and enjoy**
  - serve hot with steamed rice or flatbread.



Marshallese  
Flower  
Handicraft



## MOTHERS

### Ingredients

1 onion (finely chopped) or  
½ cup spring onion

2 cups chopped pumpkin  
(if in season)

2 cups chopped breadfruit  
(if in season)

2 cups mixed vegetables  
(fresh, frozen, or canned)

1 tbsp coconut oil

2 litres water

1 cup rice (uncooked)

1 tbsp chicken seasoning  
or vegetable stock powder

Reef fish (optional)

## Healing Pumpkin Soup

**A warming soup made with pumpkin, rice, and vegetables**

This simple soup is perfect when you need something comforting and full of nutrients. You can use whatever vegetables are available, and add fish for extra protein.

### How to make it



- Sauté the onion**
  - in a large pot, heat coconut oil
  - add the onion and cook for 2 minutes until soft.
- Add the vegetables**
  - add pumpkin, breadfruit, and mixed vegetables, stir gently.
- Pour in the water**
  - add 2 litres of water and bring to a gentle boil.
- Add the rice and seasoning**
  - stir in the rice and chicken seasoning
  - let it simmer for about 20–30 minutes, or until everything is soft.
- Add the fish (optional)**
  - if using reef fish, add it in the last 10 minutes of cooking and simmer until cooked through.
- Taste and enjoy**
  - taste and adjust seasoning if needed
  - serve warm in bowls.



RECIPES FOR BREAKFAST, LUNCH AND DINNER

# EATING FRESH FOOD

## Growing and eating fresh food every day

Fresh food helps keep our bodies and minds strong. In the Marshall Islands, we are blessed with land, sun, and sea — and we can grow many good things like coconut, pumpkin, breadfruit, greens, and papaya.

When we care for a garden, we eat better and move our bodies every day. Gardening is good exercise and a healthy habit that gives us purpose. It helps us feel proud and peaceful, knowing we are doing something important. Growing and cooking food at home meets our basic human needs — like safety, belonging, and caring for others. When children see their families planting, harvesting, and sharing food, they learn life-long habits of health and kindness.

A garden teaches us to care for ourselves, our families, and our community — not just for today, but for the following generations into the future. When we enjoy food grown in our islands, we nourish both our bodies and our culture.

*Arlington Tibon in his home urban garden*





# Breakfast

## A strong start to the day

Breakfast is the first gift we give our bodies each morning. After a night of rest, our bodies need energy to think, move, and grow. A good breakfast helps us feel more awake, concentrate better at school or work, and stay strong throughout the day.

To keep our bodies well prepared, we need to eat from the three food groups:

- ❁ Energy foods
- ❁ Body-building foods and
- ❁ Protective foods.

When we start the day with a balanced meal, we are showing care for ourselves — and building healthy habits for life.





## BREAKFAST

### Ingredients

1 cup fresh moringa leaves  
(or 1 tsp moringa powder)

½ cup young bean leaves

½ cup tirooj or other local  
leafy greens

1 ripe small papaya,  
peeled and chopped

1 banana (fresh or frozen)

½ cup coconut water (or  
plant-based milk)

1 tbsp chia seeds or flax  
seeds (optional)

1 tsp honey (optional)

## Moringa and Papaya Smoothie

### How to make it

1. Wash and chop all ingredients.
2. Put everything in a blender.
3. Blend until smooth and creamy.
4. Taste and add honey if you want more sweetness.
5. Pour and enjoy. Garnish with mint or moringa leaves if you like.



*Rosie Bee making Moringa  
and Papaya Smoothie*





## BREAKFAST

### Ingredients

- 1 cup fresh bean leaves (young and tender)
- ½ cup local leafy greens
- 1 cup moringa leaves
- ½ cup pineapple chunks
- ½ cup cucumber, peeled and chopped
- 1 banana
- Juice of ½ lime
- ½ cup coconut water
- 1 tsp honey (optional)

## Bean Leaf and Pineapple Smoothie

### How to make it

1. Wash and prepare all ingredients.
2. Add everything to the blender.
3. Blend until smooth.
4. Taste and add honey if needed.
5. Serve cold and refreshing.



### Tip for leafy green smoothies

- ❁ **start small:** if you're new to moringa or bean leaves, begin with a little and increase over time
- ❁ **use frozen fruit:** this makes the smoothie cold and creamy without needing ice
- ❁ **add sweet fruits:** tropical fruits like papaya, pineapple, banana, guava, or malay apple help balance the earthy flavour of greens.





## BREAKFAST

### Ingredients

4 cups all-purpose flour

½ cup raw sugar

8 tsp baking powder

Pinch of salt

3½ cups milk

½ cup coconut oil

4 tsp pure vanilla essence

2 eggs

Serve: banana slices,  
coconut, sprinkle  
cinnamon.

## Banana and Coconut Pancakes

Makes 24 pancakes



### How to make it

1. Mix flour, sugar, baking powder, and salt in a large bowl.
2. In the centre, add milk, coconut oil, vanilla, and eggs.
3. Mix well until smooth. Let rest for a few minutes.
4. Heat a non-stick pan and lightly oil it.
5. Pour ¼ cup of batter into the pan and swirl to make a circle.
6. Cook until bubbles form and edges look dry, then flip.
7. Cook other side until golden brown.
8. Serve with banana slices, coconut, and a sprinkle of cinnamon.





## BREAKFAST

# Healthy Banana and Oatmeal Muffins

Makes 36 muffins



## Ingredients

2 cups freshly squeezed coconut milk  
2 cups mashed ripe bananas  
2 cups uncooked quick oats  
½ cup coconut oil  
2 eggs  
2½ cups all-purpose flour  
¾ cup raw sugar  
2 tbsp baking powder  
Pinch of salt  
1 cup dried coconut flakes

## How to make it

1. Preheat oven to 400°F (200°C). Line muffin trays with paper cups.
2. Mix oats and coconut milk. Let sit for 15 minutes.
3. Blend banana, oil, and eggs. Add to oat mixture.
4. Sift in flour, sugar, baking powder, and salt. Gently mix. Let rest for another 15 minutes.
5. Spoon mixture into muffin cups, ¾ full. Sprinkle tops with dried coconut.
6. Bake for 15–18 minutes, or until golden and cooked through.







## BREAKFAST

### Ingredients

1 tbsp coconut oil

1 small onion,  
finely chopped

2 cups chopped  
leafy greens (e.g. tirooj,  
bean leaves, moringa,  
amaranth, or local spinach)

6 eggs

1 cup freshly squeezed  
coconut milk

½ cup grated  
cheese (optional)

½ cup chopped tomatoes  
(optional  
for colour and flavour)

Salt and pepper to taste

½ cup cooked  
brown rice or  
mashed breadfruit  
(for base – optional)

## Wellness Leafy Green Mini Quiches

Makes 24 mini quiches



### How to make it

1. Preheat oven to 375°F (190°C). Grease 2 muffin trays or line with paper cups.
2. Heat oil in a pan. Sauté onion until soft, then add leafy greens. Cook until wilted. Let cool.
3. In a bowl, whisk eggs with coconut milk, salt, and pepper.
4. Stir in cooked greens, cheese, and tomatoes if using.
5. Spoon a little rice or breadfruit into the bottom of each muffin cup (optional).
6. Pour egg mixture on top, filling each cup almost full.
7. Bake for 18–20 minutes, or until set and lightly golden.





## BREAKFAST

### Ingredients

1 tbsp coconut oil

1 small onion,  
finely chopped

2 cups chopped  
leafy greens (e.g. tirooj,  
amaranth, kangkong,  
or bean leaves)

1 cup chopped fresh  
tomatoes

½ cup grated cheese  
(optional)

6 eggs

½ cup freshly squeezed  
coconut milk

Salt and pepper to taste

## Nourishing Leafy Green, Tomato and Cheese Omelette

Serves 6 or makes 12 slices



### How to make it

1. Heat oil in a large pan. Sauté onion until soft.
2. Add leafy greens and cook until wilted. Stir in tomatoes and cook for 1–2 minutes. Remove from pan and set aside.
3. In a bowl, beat eggs with coconut milk, salt, and pepper. Stir in cheese if using.
4. Pour egg mixture into the same pan and cook gently on low heat until it begins to set.
5. Spoon the cooked greens and tomatoes evenly over the egg. Cover and cook for 5–10 minutes until firm.
6. Let cool slightly, then lift out carefully. Slice and serve warm.





## BREAKFAST

### Ingredients

2 cups coconut milk  
(full fat)

1 tablespoon cornstarch  
or arrowroot powder  
(to help thicken)

2 tablespoons plain  
yoghurt as a starter

1 tablespoon  
honey (optional,  
for a little sweetness)

## Coconut Milk Yoghurt

This yoghurt is made from coconut milk. It's dairy-free and full of good bacteria for your tummy!

### How to make it



1. Pour the coconut milk into a pot. Add the cornstarch and stir well.
2. Heat gently and stir until the mixture thickens a little. Do not boil.
3. Let the mixture cool until it feels warm, not hot (about body temperature).
4. Stir in the plain yoghurt starter.
5. Pour into a clean jar and cover loosely with a cloth.
6. Leave in a warm place for 24–48 hours. The longer it sits, the tangier it gets.
7. When ready, stir and place in the fridge to chill.

**Tip...** Save a few spoonfuls to use as a starter for your next batch!





KEEP OUR BODIES AND BRAINS WORKING WELL ALL DAY

## Lunch

Eating a healthy lunch helps keep our bodies and brains working well all day. It gives us the energy we need to stay focused, strong, and ready to learn or work.

Eating a mix of different foods — like fruits, vegetables, grains, proteins, and healthy fats — helps us get all the vitamins and minerals our bodies need.

Foods with fibre, such as whole grains, vegetables, and legumes, are especially good for us. Fibre supports healthy digestion, feeds the good bacteria in our gut (called the gut microbiome), and can even help improve our mood and mental wellbeing.





## LUNCH

### Ingredients

½ cup dried mung beans

½ cup dried kidney beans

## How to Sprout Mung Beans and Red Kidney Beans

Sprouting beans is a fun and healthy way to grow fresh, easy-to-digest ingredients for your meals.

### Mung Beans



1. **Rinse and soak:** rinse ½ cup dried mung beans. Soak overnight in clean water.
2. **Drain and rinse:** the next day, drain and rinse the beans. Place them in a clean jar or bowl. Cover loosely with a cloth or use a sprouting lid.
3. **Let them sprout:** keep in a cool, dark place. Rinse and drain twice a day. After 2–3 days, small sprouts will grow. When the tails are 1–2 cm long, they are ready to eat!

### Red Kidney Beans

**Be extra careful** – these need full sprouting.

1. **Rinse and soak:** rinse ½ cup dried kidney beans. Soak overnight in clean water.
2. **Drain and rinse:** the next day, drain and rinse well.
3. **Sprout carefully:** place in a clean container. Keep in a cool, dark place. Rinse and drain twice a day. Kidney beans take 3–4 days to sprout. Make sure they sprout fully.

**To be safe**, stir fry, steam, or boil kidney bean sprouts before eating.





LUNCH

## Sprouted Bean Salad with Lime-Sesame Dressing

A crunchy, fresh salad using sprouted beans and local vegetables, with the rich flavor of sesame oil.

### Ingredients

- 1 cup sprouted mung beans
- 1 cup sprouted kidney beans (fully sprouted)
- 1 cucumber, diced
- 1 large tomato, diced
- ½ red onion, chopped
- 1 bell pepper, diced
- ¼ cup chopped spring onions
- 2 tbsp coconut or olive oil
- 1 tbsp sesame oil
- 1 tbsp lime juice (add more to taste)
- 1 tsp mustard (optional)
- Salt and pepper to taste
- A pinch of cumin or paprika
- ¼ tsp turmeric (optional)

### How to make it



- 1. Make the dressing:**
  - in a small bowl, mix coconut or olive oil, sesame oil, lime juice, mustard, and spices.
- 2. Prepare the salad:**
  - in a big bowl, combine mung beans, kidney beans, and all chopped vegetables.
- 3. Mix together:**
  - pour the dressing over the salad and toss gently to combine.
- 4. Serve:**
  - serve fresh, or chill for 30 minutes to let the flavors blend.







## LUNCH

### Ingredients

1 cup sprouted mung beans

1 small onion, finely chopped

2 garlic cloves, chopped

1 tsp grated ginger (optional)

1 cup chopped leafy greens (like tirooj, amaranth, sweet potato leaves, or kangkong)

1 carrot, grated or thinly sliced

1 tbsp soy sauce

1 tbsp coconut or sesame oil

A small squeeze of lime juice (optional)

Salt and pepper to taste

## Sprouted Mung Bean Stir Fry

A quick and tasty way to enjoy fresh sprouted mung beans with local vegetables. Great with rice or as a side.



### How to make it

1. **Prepare all ingredients:**
  - rinse sprouts and vegetables
  - chop everything before starting.
2. **Heat oil in a pan:**
  - add onion, garlic, and ginger
  - cook gently until soft.
3. **Add vegetables:**
  - stir in carrot and leafy greens
  - cook for 2–3 minutes.
4. **Add sprouts:**
  - add sprouted mung beans and soy sauce
  - stir and cook for another 2–3 minutes, until everything is warm and just tender.
5. **Finish and serve:**
  - add a squeeze of lime juice
  - serve warm with rice or on its own.





## How to Sprout Beans and Lentils

### Ingredients

½ cup of dried Great Northern beans

½ cup brown lentils

### Great Northern Beans



1. **Rinse and soak:**
  - rinse ½ cup of dried Great Northern beans and soak them in water for 8–12 hours or overnight.
2. **Drain and rinse:**
  - drain the beans and rinse well.
3. **Sprout:**
  - place in a sprouting jar or bowl covered with cloth
  - keep in a cool, dark place
  - rinse and drain twice daily for 2–3 days.
4. **Ready to use:**
  - beans are ready when they have small white tails, about 1–2 cm long.

### Brown Lentils

1. **Rinse and soak:**
  - rinse ½ cup brown lentils and soak in water for 8 hours or overnight.
2. **Drain and rinse:**
  - drain and rinse under cold water.
3. **Sprout:**
  - place in a sprouting jar or shallow container
  - keep in a cool, dark place
  - rinse and drain twice daily.
4. **Ready to use:**
  - lentils will sprout within 1–2 days
  - use in salads, soups, or wraps.



## LUNCH

# Sprouted Bean and Lentil Salad with Lime-Herb Coconut Dressing

A protein-rich, colourful salad using sprouted Great Northern beans and brown lentils, fresh vegetables, and a creamy coconut-based dressing.

## Ingredients

- ½ cup sprouted Great Northern beans
- ½ cup sprouted brown lentils
- 1 cucumber, diced
- 1 ripe tomato, diced
- ¼ red onion, finely chopped
- ½ red bell pepper, diced
- ¼ cup spring onions, chopped
- 2 tbsp coconut milk
- 1 tbsp coconut oil or olive oil
- 1 tbsp lime juice
- 1 small garlic clove, finely grated (optional)
- A pinch of fresh or dried herbs (like parsley or salt and pepper to taste)
- A pinch of chili flakes (optional)

## How to make it



- 1. Make the dressing:**
  - in a small bowl, whisk together coconut milk, coconut oil, lime juice, garlic (if using), herbs, salt, pepper, and chili flakes.
- 2. Prepare the salad:**
  - in a large bowl, mix together sprouted beans, sprouted lentils, and all the chopped vegetables.
- 3. Dress the salad:**
  - pour the dressing over the salad and gently toss everything together.
- 4. Serve:**
  - serve fresh, or chill in the fridge for 20–30 minutes to let the flavors blend
  - enjoy as a light meal or with rice or flatbread.



Chanel and Dior making sprouts



## Spiced Lentil and Bean Patties

These soft, lightly crisp patties are packed with sprouted lentils and beans, grated vegetables, and warm spices — a flavourful snack or light meal that's easy to make and full of plant-based protein.

### Ingredients

1 cup cooked or lightly steamed sprouted brown lentils

1 cup cooked or lightly steamed sprouted Great Northern beans

1 small onion, finely chopped

1 carrot, grated

½ cup leafy greens (like kangkong or sweet potato leaves), finely chopped

1 garlic clove, grated

1 tsp ground cumin

1 tsp ground coriander

¼ tsp turmeric

1 small chili, finely chopped (optional, for heat)

½ cup breadcrumbs or cooked oats (for binding)

Salt and pepper to taste

1 egg (optional, helps hold patties together)

Coconut oil for frying

### How to make it



#### 1. Prepare the mix:

- in a large bowl, mash the sprouted lentils and beans roughly with a fork or your hands
- add the grated carrot, chopped greens, onion, garlic, and spices, mix well.

#### 2. Add binder:

- stir in breadcrumbs or oats.
- if using egg, mix it in now
- the mixture should hold together — if it's too wet, add a little more crumbs or oats.

#### 3. Shape the patties:

- form into small patties using your hands
- each patty should be about the size of your palm.

#### 4. Cook the patties:

- heat a little coconut oil in a non-stick pan over medium heat
- cook patties for about 3–4 minutes on each side, until golden brown and heated through.

#### 5. Serve:

- serve warm with chopped herbs, plain yoghurt, or a simple tomato-onion chutney.



## LUNCH

# Green Bean and Tomato Sauté with Garlic and Greens

## Ingredients

2 cups green beans, chopped

2 large tomatoes, diced (or 1 cup canned tomatoes)

1 large onion, thinly sliced

3–4 garlic cloves, chopped

3–4 cups leafy greens (like pak choi, kangkong, or bean leaves)

2 tbsp coconut oil

1 tsp ground cumin

1 tsp smoked paprika (optional)

1 tsp dried oregano or thyme

1 tbsp balsamic vinegar or lime juice

Salt and pepper to taste

Red pepper flakes or fresh chili (optional)

Chopped basil or Moringa leaves (for garnish)

## How to make it

- 1. Blanch the green beans:**
  - boil in salted water for 3–4 minutes until just tender
  - drain and cool in cold water, set aside.
- 2. Sauté the aromatics:**
  - heat coconut oil in a pan
  - add onion and cook for 5–6 minutes until soft
  - add garlic and stir for another minute.
- 3. Add tomatoes and spices:**
  - stir in tomatoes, cumin, paprika, and oregano or thyme
  - cook for 5 minutes to create a sauce.
- 4. Combine the beans:**
  - add the blanched green beans and stir well
  - cook for 5 more minutes to blend flavours.
- 5. Add the greens:**
  - stir in the leafy greens. Add tougher greens first, then delicate ones
  - cook until wilted and well mixed.
- 6. Finish the dish:**
  - add vinegar or lime juice
  - season with salt, pepper, and chili if using.
- 7. Serve:**
  - spoon over brown rice
  - garnish with fresh basil or moringa leaves for a bright, herbal touch.





## LUNCH

### Ingredients

- 1 cup cooked chickpeas (or 1 can, drained and rinsed)
- 1 cup fresh corn kernels (from 2–3 ears of corn)
- 1 cup fresh green beans or other beans, chopped
- 2 ripe tomatoes, diced (or 1 cup canned tomatoes)
- 1 small red onion, finely chopped
- 1/4 cup chopped spring onions
- 1 tbsp coconut oil
- 1–2 tbsp lime juice
- 1 tsp ground cumin
- 1/2 tsp smoked paprika (optional)
- Salt and pepper to taste
- A pinch of chili flakes (optional, leave out for young eaters)

## Chickpea, Corn and Fresh Bean Salad

A bright, nourishing salad made with fresh vegetables and spices. Great on its own or as a side dish.

### How to make it



- Cook the beans:**
  - simmer chopped green beans in salted water for 4–5 minutes until just tender
  - drain and set aside to cool.
- Mix the salad:**
  - in a large bowl, combine chickpeas, corn, cooked beans, tomatoes, red onion, and spring onions.
- Add flavour:**
  - drizzle with coconut oil and lime juice
  - sprinkle in cumin, paprika (if using), salt, pepper, and chili flakes
  - toss well to mix.
- Serve:**
  - taste and adjust seasoning if needed
  - serve right away, or chill for 30 minutes to let the flavours blend.







## LUNCH

### Ingredients

- 1 inch ginger  
(finely diced)
- 4 cloves garlic (crushed  
and finely diced)
- 1 small pumpkin (diced)
- 4 onions  
(finely chopped)
- 4 red bell peppers (diced)
- 4 corn cobs  
(kernels cut off)
- 4 eggplants  
(sliced and diced)
- 2 sweet potatoes (peeled,  
sliced,  
and diced)
- 1 lb leafy greens (such as  
bok choy, spinach,  
or amaranth)
- 1 bundle of long beans  
(chopped)
- 4 tbsp coconut oil
- 2 chicken stock cubes
- 6 cups coconut milk
- 10 cups water
- 1+ tsp curry powder  
(to taste)

## Garden Rainbow Vegetable Soup

This colourful soup is full of fresh vegetables from the garden. It's perfect for sharing with your class or family — and it smells amazing while cooking!



### How to make it

1. Heat the coconut oil in a large pot. Sauté the onions, garlic, and ginger until soft and fragrant.
2. Add the pumpkin, corn, eggplant, long beans, bell peppers, and sweet potatoes. Stir and cook for a few minutes.
3. Pour in the water and simmer for 15–20 minutes, until the vegetables are tender.
4. Add the chopped leafy greens and stir well.
5. Pour in the coconut milk and cook for another 5–10 minutes.
6. Add curry powder a little at a time. Taste as you go and add more if you like a stronger flavor.
7. Serve warm and enjoy with rice or flatbread.



## Ingredients

### For the salad:

2 cups cooked rice noodles (pancit)

1 cup mung bean sprouts (or any sprouts you like)

1 medium carrot, julienned

1 bell pepper, thinly sliced

1 cup cabbage or pak choi, shredded

½ cup spring onions, chopped

2 green onions, sliced

Optional: ½ cup chopped peanuts (for crunch)

### For the dressing:

3 tbsp soy sauce

1 tbsp rice vinegar or lime juice

1 tbsp sesame oil

1 tbsp honey

1 tsp chili paste (optional)

1 clove garlic, finely chopped

1 tsp grated fresh ginger

## Vegetable and Sprouts Pancit Salad

A fun, colourful noodle salad with fresh vegetables and a tangy-sweet dressing. Light, nourishing, and full of crunch!



## How to make it

- Cook the noodles:**
  - prepare noodles according to the packet
  - rinse under cold water and set aside.
- Prep the vegetables:**
  - julienne the carrot and bell pepper, shred the cabbage or pak choi, and chop the onions
  - rinse and drain the sprouts.
- Make the dressing:**
  - in a small bowl, whisk together soy sauce, vinegar or lime juice, sesame oil, honey, chili paste (if using), garlic, and ginger.
- Toss the salad:**
  - in a large bowl, combine noodles, veggies, sprouts, and onions
  - pour over the dressing and toss well
  - add peanuts if using.
- Garnish and serve:**
  - sprinkle with sesame seeds and extra spring onions
  - enjoy straight away or chill for 30 minutes to let the flavours blend.

**Try adding** tofu, grilled fish or chicken, or a boiled egg for extra protein. Use any seasonal veggies you have on hand!





## LUNCH

### Ingredients

1 medium green papaya,  
peeled and shredded

1 medium carrot,  
shredded

2–3 bird's eye chilies  
(adjust to taste)

2 garlic cloves

1 tbsp coconut syrup  
(or brown sugar)

2 tbsp soy sauce

2 tbsp lime juice

1 tbsp tamarind paste  
(optional, for extra tang)

¼ cup cherry tomatoes,  
halved

2–3 long green beans, cut  
into 1-inch pieces

¼ cup roasted  
peanuts, crushed

Fresh Thai basil leaves (for  
garnish)

### Green Papaya Salad

A fresh, crunchy, and tangy salad with bold flavours and a satisfying kick. Perfect as a side or a light meal on its own.



### How to make it

#### 1. Prepare the veggies:

- peel and shred the green papaya and carrot, combine in a large bowl.

#### 2. Make the dressing:

- in a mortar and pestle (or bowl), pound the garlic and chilies into a rough paste
- add coconut syrup, soy sauce, lime juice, and tamarind paste
- mix well and adjust to taste—add more lime for tang, syrup for sweetness, or soy for salt.

#### 3. Mix the salad:

- add cherry tomatoes and lightly crush to release their juices
- add green beans and gently bruise them to soften slightly
- add the shredded papaya and carrot, toss gently to coat everything in the dressing without breaking up the veggies too much.

#### 4. Garnish and serve:

- transfer to a plate, top with crushed peanuts and Thai basil
- serve immediately on its own, with brown rice, or alongside grilled fish.

**Tip:** For a milder version, use fewer chilies or remove the seeds before pounding.







HELPS OUR BODIES RECOVER AND PREPARE FOR REST

## Dinner

Dinner is an important meal that helps our bodies recover and prepare for rest. A healthy dinner gives us the nutrients we need to repair, grow, and feel good the next day.

It's best to enjoy dinner a few hours before bedtime, so our bodies have time to digest before we sleep. Eating too late or eating too much can make it harder to rest well.

A light but balanced dinner, with vegetables, some protein, and healthy carbohydrates, supports good sleep, steady energy, and better health overall.





DINNER

## Ingredients

5 handfuls of young sweet potato leaves, washed

3 medium dry coconuts, grated and squeezed into thick coconut cream

A bunch of green beans

Fresh fish such as reef fish

1 medium onion, finely sliced

Small piece of ginger, grated

2 garlic cloves, grated

Salt to taste

## Fish with Sweet Potato Leaves in Coconut Cream

A simple and flavourful dish made with fresh fish, tender sweet potato leaves, and creamy coconut. This comforting meal can be enjoyed with rice or root vegetables.



### How to make it

- 1. Layer the ingredients:**
  - in a medium saucepan, place the sweet potato leaves, sliced onion, and grated ginger and garlic
  - lay the fish on top.
- 2. Add the coconut cream:**
  - pour in the freshly squeezed coconut cream until it covers the ingredients
  - add salt to taste.
- 3. Cook gently:**
  - add the blanched green beans and stir well.
  - cook for 5 more minutes to blend flavours.
- 4. Serve:**
  - enjoy with rice, taro, breadfruit, cassava, or sweet potato root.

This dish is rich, comforting, and best enjoyed fresh. You can also use other local leafy greens if sweet potato leaves are not available.





## DINNER

### Ingredients

2 medium taro roots  
(peeled and cut into bite-sized cubes)

2 cups fresh greens (such as pak choi or kang kong)

1 can (400 ml) coconut milk (full-fat for creaminess)

1 medium onion  
(chopped)

2–3 cloves garlic (finely chopped)

1 tbsp ginger (grated or finely chopped)

1–2 green chilies  
(optional, for heat)

1 tbsp coconut oil

1 tsp turmeric powder

1 tsp cumin powder

½ tsp salt

1 tbsp soy sauce

½ cup vegetable stock or water (optional, to thin)

Fresh spring onions or basil (for garnish)

## Taro and Greens in Coconut Milk

A rich, comforting dish made with soft taro, fresh greens, and creamy coconut milk. Serve with rice and fish for a satisfying, nourishing meal.



### How to make it

1. **Prepare the taro:**
  - peel and cube the taro, then rinse well under cold water to remove any sticky sap.
2. **Cook the base:**
  - in a large pot, heat coconut oil
  - sauté onion for 3–4 minutes, then add garlic, ginger, and chilies
  - cook until fragrant
  - stir in turmeric and cumin.
3. **Simmer the taro:**
  - add taro cubes, coconut milk, soy sauce, and stock or water if using
  - stir well and bring to a gentle simmer
  - cover and cook for 20–25 minutes, or until taro is tender.
4. **Add the greens:**
  - stir in the fresh greens and cook for another 3–5 minutes, until just wilted.
5. **Taste and serve:**
  - adjust seasoning if needed
  - serve hot with brown rice and fresh fish
  - garnish with chopped spring onions or basil.







DINNER

## Ingredients

- 1 large eggplant, diced
- 1 large onion, finely chopped
- 1 large capsicum, chopped
- 3–4 garlic cloves, minced
- 2 medium tomatoes, chopped (or 1 can diced tomatoes)
- 1½ cups cooked red kidney beans (or pre-soaked and boiled)
- 2 tbsp coconut oil
- 1 cup vegetable stock (or water)
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp smoked paprika
- 1 tsp dried oregano or thyme
- Salt and pepper to taste
- 1 tsp chili flakes or fresh chili (optional)
- Fresh basil, chopped (for garnish)

### To serve:

Brown rice

## Eggplant and Red Kidney Bean Stew

A hearty, flavourful stew packed with vegetables, warming spices, and protein-rich kidney beans. Perfect served over brown rice for a nourishing meal.



### How to make it

- Cook the base:**
  - heat coconut oil in a large pan
  - sauté onion for 5 minutes until soft
  - add garlic and cook 1 more minute.
- Add the eggplant:**
  - stir in eggplant and cook for 5–7 minutes until soft and slightly browned
  - add more oil if needed.
- Spice it up:**
  - add cumin, coriander, paprika, oregano, salt, pepper, and chili (if using)
  - stir for 1–2 minutes to toast the spices.
- Add tomatoes:**
  - mix in the chopped tomatoes and cook for 5 minutes, until they start to break down.
- Simmer the stew:**
  - add the kidney beans and vegetable stock
  - bring to a gentle simmer and cook for 10–15 minutes until the stew thickens and the flavours come together.
- Final touch:**
  - taste and adjust seasoning
  - add a splash of water or stock if it's too thick.
- Serve:**
  - spoon the stew over brown rice
  - garnish with fresh basil and enjoy warm.





## DINNER

### Ingredients

- 1 cup cooked lentils
- 1 medium onion (finely chopped)
- 2–3 tbsp fresh herbs (chopped)
- 1 tsp salt (adjust to taste)
- ½ tsp black pepper (adjust to taste)
- ½ cup breadcrumbs (plus extra for coating)
- 1 egg (lightly beaten)
- 1 medium potato (peeled, boiled, and mashed)
- 1–2 tbsp coconut oil (for frying)

## Lentil and Potato Rissoles

A tasty and satisfying way to enjoy lentils and potatoes. These rissoles are soft inside and crisp outside, perfect for lunch or a light meal.



### How to make it

- 1. Prepare the lentils and potato:**
  - cook lentils until soft (or use canned, drained, and rinse)
  - boil chopped potato in salted water until tender (10–15 minutes), then mash and let cool slightly.
- 2. Sauté the onion:**
  - heat 1 tbsp oil in a pan
  - cook the chopped onion for 4–5 minutes until soft and lightly golden
  - set aside to cool.
- 3. Mix the base:**
  - in a large bowl, mash the lentils
  - add mashed potato and mix well to form a smooth mixture.
- 4. Add flavour:**
  - stir in the sautéed onion, herbs, salt, pepper, and ½ cup breadcrumbs
  - add the beaten egg and mix
  - if the mixture is too wet, add more breadcrumbs until it holds together.
- 5. Shape the rissoles:**
  - form the mixture into small patties (2–3 inches wide).
- 6. Coat with breadcrumbs:**
  - roll each patty in extra breadcrumbs and press gently so the coating sticks.
- 7. Fry until golden:**
  - heat 1 tbsp oil in a frying pan
  - fry rissoles for 3–4 minutes on each side, until crisp and golden.
- 8. Drain and serve:**
  - place on paper towels to drain any extra oil
  - serve hot with your favourite chutney, sauce or as part of a meal.



Rolson weighs Pak  
Choi for the Stir-Fry  
Greens with Garlic,  
Soy and Ginger





DINNER

## Stir-Fried Greens with Garlic, Soy and Ginger

A simple and flavourful way to enjoy fresh garden greens. This dish cooks quickly and is perfect with rice or fish.

### Ingredients

- 1 tbsp coconut oil
- 2 inch piece of ginger (finely chopped)
- 2 garlic cloves (peeled and finely chopped)
- 1 large bowl of fresh greens (any mix from the garden)
- 2 tbsp soy sauce
- 1 tbsp water

### How to make it



- 1. Prepare the ingredients:**
  - wash the greens
  - chop the garlic and ginger.
- 2. Cook the aromatics:**
  - heat the coconut oil in a pan
  - add the ginger and garlic
  - cook gently until soft and fragrant.
- 3. Add the greens:**
  - add the greens, soy sauce, and water
  - stir continuously over medium heat until the greens are wilted and tender.
- 4. Serve:**
  - enjoy hot with steamed brown rice
  - delicious served with fish.





Sushi Rolls being prepared





DINNER

## Ingredients

- 1 cup sushi rice (cooked)
- 1½ tbsp rice vinegar
- 1 tsp sugar
- ½ tsp salt
- 1 medium carrot (thinly sliced)
- 1 small cucumber (thinly sliced)
- 1 radish (thinly sliced)
- 1 cup mung bean sprouts
- 2 tbsp mayonnaise
- 1 tsp sesame oil
- 1 tsp soy sauce
- 4 sheets nori (seaweed)
- Toasted sesame seeds (optional, for garnish)
- Pickled ginger and soy sauce (for serving)

## Spicy Veggie Sushi Rolls with Mung Bean Sprouts

These colourful sushi rolls are full of crunch and flavour. A fun, hands-on recipe that's perfect for sharing.



## How to make it

- 1. Prepare the rice:**
  - rinse the sushi rice until the water runs clear.
  - cook according to the packet instruction
  - mix rice vinegar, sugar, and salt in a small bowl
  - stir until dissolved, then gently fold into the cooked rice
  - let cool to room temperature.
- 2. Prepare the vegetables:**
  - thinly slice the carrot, cucumber, and radish into strips.
- 3. Make the spicy mayo:**
  - mix mayonnaise with sesame oil and soy sauce until smooth
  - taste and adjust to your liking.
- 4. Assemble the rolls:**
  - place a sheet of nori (shiny side down) on a bamboo mat
  - with damp hands, spread a thin layer of rice over the nori, leaving 2–3 cm at the top edge clear
  - arrange the carrot, cucumber, radish, and mung bean sprouts across the centre
  - drizzle with spicy mayo.
- 5. Roll the sushi:**
  - roll up tightly using the bamboo mat
  - wet the top edge with a little water to seal the roll.
- 6. Cut and serve:**
  - slice each roll into 6–8 pieces using a sharp knife
  - wipe the knife with a damp cloth between cuts
  - garnish with toasted sesame seeds, if using.
- 7. Enjoy**
  - serve with soy sauce, pickled ginger, and extra spicy mayo for dipping.





DINNER

## Ingredients

2 medium eggplants (sliced into 1/2-inch thick rounds)  
 1 can (400 ml) coconut milk (full-fat for richness)  
 1 tbsp coconut oil  
 1 medium onion (finely chopped)  
 2–3 garlic cloves (minced)  
 1-inch piece fresh ginger (grated or minced)  
 1 tsp ground cumin  
 1 tsp turmeric powder  
 ½ tsp smoked paprika  
 ½ tsp ground coriander  
 ½ tsp chili flakes (optional)  
 1 tbsp soy sauce  
 1 tbsp lime juice  
 Salt and pepper to taste  
 ½ cup spring onion (chopped)  
 ½ cup fresh basil or mint (chopped)  
 ¼ cup toasted breadcrumbs or crushed nuts (optional)  
 1 tbsp sesame seeds (optional)

## Serving suggestions

Serve with steamed coconut brown rice.

Enjoy with flatbread like naan or roti.

Pair with grilled fish or a lentil dish for a full meal.

## Eggplant and Coconut Bake

This creamy, aromatic bake is full of flavor from coconut milk, herbs, and spices. It's perfect as a main dish or a side — delicious with rice, bread, or your favourite protein.



## How to make it

- Slice eggplant into rounds:**
  - preheat the oven to 190°C (375°F)
  - slice the eggplants into rounds
  - for softer, less bitter eggplant, sprinkle with salt and let sit for 10–15 minutes, then pat dry.
- Cook the aromatics:**
  - heat coconut oil in a large pan over medium heat
  - add onion and cook for 3–4 minutes
  - stir in garlic, ginger, cumin, turmeric, paprika, coriander, and chili flakes
  - cook for another 1–2 minutes until fragrant.
- Add the coconut milk:**
  - pour in coconut milk and soy sauce, stir well
  - let simmer for 5 minutes
  - add salt, pepper, and lime juice to taste.
- Layer in a baking dish:**
  - place eggplant slices in a baking dish (about 9x13 inches), slightly overlapping if needed
  - pour the coconut mixture over the top, spreading it evenly.
- Bake:**
  - cover with foil or banana leaf and bake for 30–35 minutes until the eggplant is soft
  - uncover and bake for 10 more minutes so the top becomes golden.
- Final and serve:**
  - sprinkle spring onion, basil or mint over the top
  - add toasted breadcrumbs or nuts and sesame seeds, if using.
  - serve hot, with rice, bread, or a side of fish or dhal.

## Tips

- ❁ use herbs from your garden — basil, mint, oregano, or thyme all work well.
- ❁ add more chili or a dash of hot sauce if you love spice!



DINNER

## Ingredients

- 1 tbsp coconut oil
- 1 onion (finely chopped)
- 2 garlic cloves (finely chopped)
- 2 inch piece fresh ginger (finely chopped)
- 2 chilies (finely chopped, optional for heat)
- 4 large tomatoes (chopped)
- 2 cups cooked red kidney beans
- 2 cups pumpkin (peeled and chopped)
- 1 medium bowl of fresh greens (washed and chopped)
- 1 tbsp soy sauce
- 2 cups water
- 1 vegetable stock cube
- Juice of 2 limes
- Freshly ground pepper, to taste
- 1 coconut, smoked over open fire, then chopped finely and dried in the oven\*

## Smoky Coconut, Tomato, Bean, Pumpkin and Pepper Hotpot

This hearty hotpot is full of nourishing garden vegetables, creamy beans, and a rich smoky coconut flavour. It's warming, flavourful, and perfect served with brown rice.



### How to make it

- Prepare the ingredients:**
  - chop the garlic, ginger, chili, pumpkin, and greens
  - set aside.
- Cook the base:**
  - heat coconut oil in a large pot over medium heat
  - add the onion, ginger, chili, and garlic
  - cook gently for 3–4 minutes until softened.
- Add the tomatoes:**
  - stir in the chopped tomatoes and cook until they break down and become saucy.
- Add beans and pumpkin:**
  - add the kidney beans, pumpkin, water, and stock cube, stir well
  - simmer for about 20 minutes, or until the pumpkin is tender.
- Add greens:**
  - stir in the chopped greens and soy sauce
  - cook for 2–3 minutes until the greens wilt.
- Finish with coconut and lime:**
  - add the smoked coconut and stir through
  - squeeze in the lime juice and season with pepper to taste.
- Serve:**
  - serve hot with steamed brown rice.

### How to smoke coconut

Remove husk of whole coconut and cut in half. Place the halves over a mesh grill above an open fire until the flesh is lightly browned and smoky. Once cool, thinly slice the coconut and dry it in a low oven until crisp. Store in an airtight container and use to add rich, smoky flavour to dishes like this one.



DINNER

## Ingredients

1 cup amaranth grain  
2 cups water  
1½ cups fresh Brazilian spinach (finely chopped)  
1 medium tomato (chopped)  
1 small cucumber (chopped)  
2 spring onions (finely sliced)  
2 tbsp fresh mint leaves (chopped) – optional  
Juice of 1 lime  
2 tbsp olive oil (or other healthy oil)  
Salt and pepper to taste

## Brazilian Spinach Amaranth Tabouli

A fresh, healthy salad with a tropical twist

This dish is full of fibre, vitamins, and flavour.  
Perfect as a side dish or light lunch.



## How to make it

- Cook the amaranth:**
  - rinse the amaranth under running water
  - in a pot, combine 1 cup amaranth with 2 cups water
  - bring to a boil, then cover and simmer for 20 minutes, until water is absorbed
  - let it cool completely.
- Prepare the vegetables:**
  - while the amaranth is cooling, chop the spinach, tomato, cucumber, spring onion, and mint.
- Mix the salad:**
  - in a large bowl, combine the cooked amaranth and all the chopped vegetables
  - add the lime juice, olive oil, salt, and pepper
  - mix gently to combine.
- Serve and enjoy:**
  - chill in the fridge for 30 minutes if you like it cold
  - serve as a fresh salad or side dish.





An orange-toned line drawing of a corn cob with its husk partially peeled back, revealing the kernels. Several large, detailed leaves are arranged around the corn, creating a fan-like shape behind it.

HELP KEEP OUR ENERGY STEADY BETWEEN MEALS

# Snacks and Accompaniments

Healthy snacks can help keep our energy steady between meals, especially during busy school or work days. Good snack choices include fresh or dried fruit, vegetables, nuts, seeds, and simple baked foods made with ingredients like wholegrains, mashed taro, or dried coconut.

Homemade dips made with legumes are tasty and filling, especially when served with fresh vegetable sticks or crackers made from local flours and flavoured with fresh herbs from the garden. Chutneys made with local fruits and spices also add flavour and nutrition.

Some snacks with more sugar, honey or fat are called sometimes foods. These are best saved for special occasions, like birthdays or celebrations.

Choosing healthy snacks most of the time helps our bodies feel good and our minds stay clear throughout the day.

## How to dry and store bananas and papaya

Dried fruit is a healthy snack that stores well and tastes delicious. Bananas and papaya are easy to dry and can be kept for months when stored properly.

You can dry them using a food dehydrator or a simple oven.

## Ingredients

4–5 ripe bananas

## Drying Bananas

### How to make it



1. **Peel and slice:**
  - peel the bananas and slice them lengthwise.
2. **Soak to keep colour (optional):**
  - mix 1 tablespoon of lime juice with 1 cup of water
  - soak banana slices for 5 minutes to stop them from turning brown.
3. **Dry the bananas:**
  - **food dehydrator:** place banana slices on trays, not touching
  - dry at 135°F (57°C) for 6–12 hours, flipping halfway
  - **oven:** Set oven to the lowest heat (around 140°F/60°C)
  - lay slices on a tray lined with baking paper
  - leave the door slightly open
  - dry for 6–8 hours, checking often.
4. **Check if they are ready:**
  - bananas should be dry, flexible, and not sticky.
5. **Store:**
  - let them cool
  - store in airtight jars or sealed bags
  - for humid places, add a food-safe desiccant packet to keep them dry (if available).



## Ingredients

2–3 ripe papayas

1 tablespoon of lime juice

## Drying Papaya

### How to make it



1. **Prepare the papaya:**
  - peel the fruit in half, remove seeds, and slice into thin strips or cubes ( $\frac{1}{4}$ – $\frac{1}{2}$  inch thick).
2. **Soak to keep colour (optional):**
  - mix 1 tablespoon of lime juice with 1 cup of water
  - soak slices for 5–10 minutes.
3. **Dry the papaya:**
  - **food dehydrator:** place slices on trays without overlapping
  - dry at 135°F (57°C) for 8–12 hours, flipping halfway.
  - **oven:** set oven to the lowest heat (around 140°F/60°C)
  - lay slices on a tray
  - leave the door slightly open to let moisture escape
  - dry for 6–8 hours, checking often.
4. **Check if they are ready:**
  - slices should be leathery, and not wet.
5. **Store**
  - let them cool
  - keep in airtight jars or bags.
  - for humid places, add a food-safe desiccant packet to keep them dry (if available).

### Tips for storing dried fruit in humid places

1. **Use airtight containers**  
Store dried fruit in sealed jars, tins, or vacuum bags to keep air and bugs out.
2. **Add desiccant packets**  
These help absorb any leftover moisture.
3. **Keep in a cool, dry place**  
Avoid sunlight. A dark cupboard or pantry works well.
4. **Label and date**  
Write the date you dried the fruit. It lasts for about 6 months or more if stored properly.





## SNACKS & ACCOMPANIMENTS

### Ingredients

¼ cup dried banana

¼ cup dried papaya

¼ cup unsweetened dried coconut flakes

¼ cup roasted almonds or cashews

¼ cup sunflower or pumpkin seeds

## Quick Snack Idea: Tropical Dried Fruit and Nut Mix



### How to make it

Mix everything in a bowl. Store in a jar or bag. Great for school, travel, or an afternoon energy boost!



## SNACKS & ACCOMPANIMENTS

### Ingredients

Ripe Bob (pandanus)



## Mokwan (Pandanus Paste)

### How to make it



1. Families and friends create um (earth oven).
2. Pull pandanus keys off and wash.
3. Place in um and cook for many hours.
4. Unearth from um and cool on coconut fronds.
5. Macerate to create a juicy paste, add to cooking pot and simmer until it changes colour to red or light brown.
6. Spread paste on banana leaves to dry, turning now and again over a number of days to dry.
7. Once dry, roll into pandanus leaves tightly to seal.
8. Dried pandanus paste, mokwan, can be soaked and mashed, eaten as a nutritious snack.

## Ingredients

1–2 fresh coconuts

## How to Dry Fresh Coconut by Sun Drying



### Method 1: How to make it drying in the sun

This is a simple method if you have hot, dry weather.

1. **Open the coconut:**
  - crack the coconut and pour out the water (save it to drink)
  - remove the white meat using a knife or coconut scraper
  - peel off the brown skin if you want white coconut.
2. **Grate or slice:**
  - grate or slice the coconut into thin, even strips.
3. **Setup the drying area**
  - use a clean tray or flat surface
  - cover it with baking paper or cloth
  - make sure it's in a clean, safe, and sunny place with good air flow.
4. **Spread and dry**
  - spread the coconut in a thin layer
  - leave it in the sun for several hours a day. Turn it over every few hours
  - bring it inside at night to avoid moisture
  - it may take 2–5 days to fully dry, depending on the weather.
5. **Check if ready:**
  - coconut should feel dry and crumbly, not soft or sticky.
6. **Cool and store:**
  - let it cool completely
  - store in an airtight jar or sealed bag
  - in humid areas, you can add a food-safe desiccant packet.



## Ingredients

1–2 fresh coconuts

Food dehydrator

## How to Dry Fresh Coconut in a Dehydrator



### Method 2: How to make it in a dehydrator

1. **Open the coconut:**
  - open the coconut, pour out the water, and remove the white meat
  - peel off the brown skin if you like.
2. **Grate or slice:**
  - use a grater or food processor to shred or slice the coconut into thin pieces.
3. **Dry in the dehydrator**
  - place the coconut in a single layer on the dehydrator trays
  - set temperature to 105°F (40°C)
  - dry for 6–12 hours, depending on thickness and humidity
  - check and stir the coconut every few hours.
4. **Check if ready:**
  - coconut should be dry and crumbly, not sticky.
5. **Cool and store:**
  - let the coconut cool
  - store in an airtight container or vacuum-sealed bag.

### Storage tips for dried coconut

- keep in a cool, dry, and dark place
- use airtight containers to stop moisture and pests
- add a desiccant packet in humid places
- label with the date. Properly stored, dried coconut lasts for several months.







## SNACKS & ACCOMPANIMENTS

### Ingredients

- 1 cup dried coconut
- ½ cup rolled oats
- ¼ cup honey
- ¼ cup peanut butter
- ¼ cup dark chocolate chips (optional)
- ¼ tsp vanilla extract

## Tropical Coconut Snack Idea: Coconut Energy Bites

A healthy snack that's quick and tasty!



### How to make it

1. In a food processor, blend the coconut and oats until fine.
2. Add honey, peanut butter, and vanilla. Blend until smooth.
3. Roll the mixture into small balls.
4. Optional: Roll in extra dried coconut or sprinkle with chocolate chips.
5. Store in the fridge or freeze to keep fresh longer.

These bites are full of energy and great for school or a busy day!



## SNACKS & ACCOMPANIMENTS

### Ingredients

- ½ cup coconut syrup
- 2 cups fresh grated coconut
- 1 tsp vanilla

## Tropical Coconut Snack Idea: Coconut Macaroons



This is a '*sometimes food*' because it has a high sugar content. Best enjoyed on special days!

### How to make it

1. Preheat the oven to 350°F (175°C).
2. In a bowl, mix the coconut syrup, grated coconut, and vanilla until well combined.
3. Lightly oil a baking tray.
4. Drop small spoonfuls of the mixture onto the tray, about 1 inch apart.
5. Bake for about 10 minutes, or until the tops are light golden brown.
6. Let cool before serving.



## SNACKS & ACCOMPANIMENTS

### Ingredients

- 1 cup mashed taro (cooked and soft)
- ½ cup cocoa powder
- ½ cup honey
- 2 eggs
- ½ cup coconut oil (melted)
- 1 tsp baking powder

## Taro Brownies



These simple, fudgy brownies use mashed taro for a soft texture and earthy flavour. Great for a treat that's a little different — and full of goodness!

### How to make it

1. Preheat your oven to 350°F (175°C).
2. In a mixing bowl, combine all the ingredients. Stir well until smooth.
3. Pour the mixture into a greased or lined baking dish.
4. Bake for 25 minutes, or until a toothpick comes out clean.
5. Let cool before cutting into squares. Enjoy!



## SNACKS & ACCOMPANIMENTS

### Ingredients

- 1 cup mashed ripe breadfruit
- 1 cup wholewheat or coconut flour
- 2 eggs
- ½ cup coconut milk
- ¼ cup honey
- 1 tsp baking powder
- ½ tsp ground nutmeg

## Breadfruit Muffins



These naturally sweet muffins use ripe breadfruit and coconut milk for a soft, moist snack — perfect for breakfast or a lunchbox treat. This is a '*sometimes food*' because it has a high glycemic index. Best enjoyed on special days!

### How to make it

1. Preheat your oven to 350°F (175°C).
2. In a large bowl, mix the mashed breadfruit, eggs, and honey.
3. Add the flour, baking powder, nutmeg, and coconut milk. Stir until just combined.
4. Spoon the mixture into muffin tins (greased or lined).
5. Bake for 25 minutes, or until the tops are golden and a toothpick comes out clean.
6. Cool slightly and enjoy!



## SNACKS & ACCOMPANIMENTS

### Ingredients

1 cup cooked red kidney beans (or 1 x 15 oz can, drained and rinsed)

1 small onion or a few spring onions, grated or finely chopped

1 small clove garlic, chopped (or a few garlic chives)

½ lime – zested and juiced (remove seeds)

1 tbsp tomato paste

2 tbsp olive oil

½ tsp ground cumin

¼ tsp ground cinnamon

¼ tsp paprika

¼ tsp fine salt

1/8 tsp black pepper

1–2 tbsp water (only if dip is too thick)

### Bean Dip

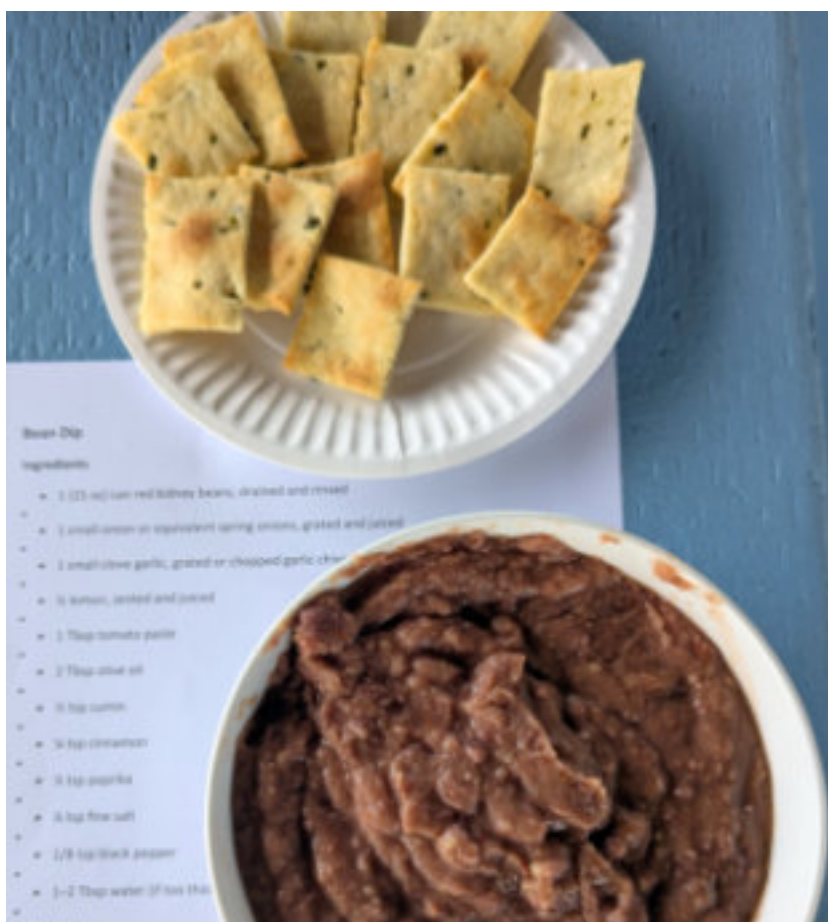


A creamy, spiced dip to eat with fresh vegetables

This bean dip is full of flavour and easy to make. It's delicious with crunchy vegetable sticks.

### How to make it

1. **Prepare the beans:**
  - place the beans in a large mixing bowl.
2. **Add flavour:**
  - add chopped onion or spring onion, garlic, lime juice, and zest.
3. **Add spices and mix**
  - stir in the tomato paste, olive oil, cumin, cinnamon, paprika, salt, and pepper
  - mix well and mash until smooth
  - add water if needed.
4. **Serve with:**
  - flat bread crackers, fresh carrot and cucumber sticks.





## Ingredients

1 cup plain flour

50 ml olive oil

60 ml water

Fresh herbs (like garlic  
chives, rosemary, or basil),  
chopped

1 tbsp amaranth seeds

Pinch of salt

## Flatbread Crackers

Crunchy, herby snacks from the oven



These simple crackers are great for dipping snacking. Add herbs from your garden for extra flavour!

## How to make it

1. **Mix the dough:**
  - in a bowl, combine flour, olive oil, water, chopped herbs, amaranth seeds, and salt
  - mix until a soft dough forms.
2. **Shape the crackers:**
  - divide the dough into small pieces
  - roll each piece as thin as possible without breaking
  - cut into cracker or biscuit shapes.
3. **Bake:**
  - place crackers on a baking tray
  - bake at 200°C (390°F) for 10–12 minutes, until the edges are just golden brown.
4. **Serve with:**
  - bean dip, or hummus,



## Hummus with Garlic and Spring Onions



A creamy chickpea dip full of flavour. This smooth hummus is made with garlic, lime, and fresh spring onions. It's healthy, filling, and great for dipping or spreading.

### Ingredients

- 1 pound (about 2 cups) dried chickpeas – or 4 cups cooked chickpeas
- ¼ tsp baking soda
- 3–4 cloves garlic, chopped
- 2 tbsp sesame oil or olive oil
- ¼ cup lime juice (about 2 limes)
- 1 tsp ground cumin
- 2 tbsp coconut oil, melted
- 1–2 tsp salt (to taste)
- ½ tsp black pepper
- 2 spring onions, finely chopped
- ¼–½ cup water (if needed)
- ½ tsp paprika (for garnish)

### How to make it

1. **Cook the chickpeas:**
  - **if using dried chickpeas:**
  - soak overnight with ¼ tsp baking soda in water
  - drain, rinse, and cook in fresh water with a pinch of baking soda for 1 to 1½ hours until soft
  - drain and cool.
  - **if using canned chickpeas:**
  - drain and rinse 4 cups of chickpeas.
2. **Cook the garlic and onions:**
  - heat sesame oil and coconut oil in a small pan
  - add chopped garlic and cook for 1 minute
  - add chopped spring onions and cook for 2–3 minutes until soft, let cool.
3. **Blend the hummus:**
  - in a blender or food processor, add cooked chickpeas, garlic and onion mix, cumin, lime juice, coconut oil, salt, and pepper
  - blend until smooth, add a little water if it's too thick.
4. **Taste and adjust:**
  - taste the hummus, add more salt, lime juice, or cumin if needed.
5. **Serve:**
  - spoon into a serving bowl
  - sprinkle with paprika and a drizzle of oil
  - add chopped spring onions on top (optional).
6. **Store:**
  - keep in an airtight container in the fridge for up to 1 week
  - you can also freeze it for later use.
7. **Serve with:**
  - flatbread crackers
  - fresh veggie sticks (carrot, cucumber, celery, capsicum)
  - sandwiches and wraps
  - as a side dish with patties, falafel, or grilled food.



## Eggplant Dip with Sesame Seeds and Flatbread

A creamy roasted dip full of flavour and goodness. This rich and smoky dip is made with roasted eggplant, garlic, lime juice, and toasted sesame seeds. It's perfect for scooping up with warm flatbread.

### Ingredients

- 2 medium eggplants
- 3–4 cloves garlic, chopped
- 1 tbsp dried oregano (or fresh if available)
- 2 tbsp coconut oil (melted), plus extra for drizzling
- 2 tbsp lime juice (freshly squeezed)
- 2 tbsp sesame seeds (toasted)
- 1 small onion, finely chopped
- Salt and pepper to taste

### How to make it



- Roast the eggplants:**
  - preheat oven to 200°C (400°F)
  - cut eggplants in half lengthwise, place on a baking tray, cut side up
  - drizzle with a little coconut oil and sprinkle with salt and pepper
  - roast for 30–40 minutes until soft, let cool
  - scoop out the flesh and discard the skin.
- Toast the sesame seeds:**
  - in a dry pan over medium heat, toast sesame seeds for 2–3 minutes until golden and fragrant
  - stir often
  - set aside.
- Cook garlic and onions:**
  - in a small pan, heat 2 tbsp coconut oil
  - add chopped garlic and onion
  - cook for 3–4 minutes until soft.
- Mix the dip:**
  - in a bowl, mash the eggplant with a fork or masher
  - add the cooked garlic and onion, oregano, lime juice, and most of the toasted sesame seeds (save a pinch for garnish)
  - mix well and add salt and pepper to taste.
- Serve:**
  - spoon into a serving bowl
  - drizzle with a little coconut oil and sprinkle with the rest of the sesame seeds
  - serve warm or cold with homemade flatbread.





## Ingredients

2 cups all-purpose flour  
(plus extra for rolling)

1 tsp salt

1 tsp baking powder

2 tbsp coconut oil

$\frac{3}{4}$  cup warm water (add  
more if needed)

## Simple Homemade Flatbread

These soft flatbreads are perfect for scooping up dips or eating with your favourite dishes.

### How to make it



- 1. Make the dough:**
  - mix flour, salt, and baking powder in a large bowl
  - add coconut oil and warm water, stir to form a dough
  - knead for 5 minutes until smooth
  - cover and rest for 15–20 minutes.
- 2. Roll the flatbreads:**
  - divide dough into 6–8 small balls
  - on a floured surface, roll each one into a thin round shape.
- 3. Cook the flatbreads:**
  - heat a dry pan over medium-high heat
  - cook each flatbread for 1–2 minutes per side until golden spots appear
  - keep warm under a clean towel.

### Tips and serving ideas

- ❁ add a pinch of smoked paprika or cumin to the eggplant dip for more flavour
- ❁ brush warm flatbreads with coconut oil and sprinkle with sea salt or herbs
- ❁ store dip in the fridge for 3–4 days. Reheat flatbread in a dry pan before serving.





## SNACKS & ACCOMPANIMENTS

### Ingredients

1½ cups fresh grated coconut

½ cup chopped fresh herbs (mix of mint, basil, spring onion tops, garlic chives, or coriander or Mexican coriander if available)

1 small green chili, chopped (optional)

1 small clove garlic, chopped (optional)

Juice of 1 lime or 1 tablespoon vinegar

Salt to taste

2 tablespoons coconut milk or water (to adjust texture)

## Coconut Herb Chutney

A creamy, tropical chutney made with freshly grated coconut and lots of local herbs.

Makes about 2 cups.

### How to make it



1. **Blend the ingredients:**
  - in a mortar and pestle or food processor, combine the grated coconut, herbs, chili (if using), garlic (if using), lime juice, and salt.
2. **Add liquid:**
  - add a little coconut milk or water, a spoonful at a time, and blend or pound until you get a thick but smooth paste
  - it should be soft enough to scoop, but not runny.
3. **Taste and adjust:**
  - taste the chutney, add a bit more salt or lime juice if needed.
4. **Serve fresh:**
  - spoon into a small bowl and serve right away, or keep in the fridge and use within 1–2 days.



## Ingredients

4 large ripe tomatoes,  
chopped

1 medium onion, finely  
chopped

2 spring onions, sliced

A small handful of garlic  
chives, chopped

1 clove garlic, finely  
chopped (optional)

1 tablespoon coconut oil  
or vegetable oil

1 teaspoon sugar  
(optional)

Salt to taste

1 small chili, chopped  
(optional for heat)

1 tablespoon lime juice or  
vinegar (for freshness)

## Tomato and Onion Chutney

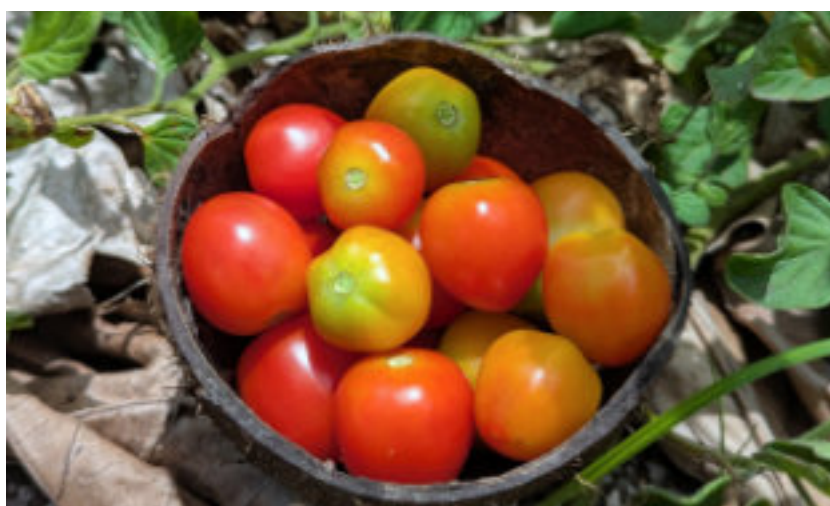
A simple, tasty chutney made from fresh tomatoes, onions, and herbs. This chutney adds a tangy, savoury flavour to your meals.

Makes about 2 cups.

### How to make it



1. **Cook the onion:**
  - heat the oil in a pan over medium heat
  - add the chopped onion and cook for 3–4 minutes until soft.
2. **Add spring onions and garlic chives:**
  - stir in the spring onions, garlic chives, and garlic (if using)
  - cook for another 1–2 minutes.
3. **Add the tomatoes:**
  - add the chopped tomatoes and a pinch of salt
  - cook gently for 10–15 minutes, stirring now and then, until the tomatoes break down and the chutney becomes thick.
4. **Add flavour:**
  - stir in the chili (if using), sugar, and lime juice or vinegar
  - taste and adjust salt and seasoning.
5. **Cook and serve:**
  - let the chutney cool slightly before serving
  - it can be enjoyed warm or cold, and stored in the fridge for a few days.







## SNACKS & ACCOMPANIMENTS

### Ingredients

- 1 medium green papaya (peeled, seeds removed, and cut into thin strips)
- 1 medium onion (thinly sliced)
- 2 green tomatoes (cut into wedges)
- 1 cucumber (thinly sliced)
- 2–3 green chilies (thinly sliced)
- ½ cup sugar
- 2 tbsp curry powder
- 1 tbsp mustard powder
- 1 tbsp salt
- 1 cup vinegar (white or apple cider vinegar)
- ½ cup water

### Green Papaya Pickles

A crunchy, tangy, and colourful side dish This bright pickle is made with fresh green papaya, cucumber, tomato, onion, and spices. It goes well with rice dishes, grilled foods, or curries.

### How to make it



- 1. Prepare the vegetables:**
  - cut the green papaya, onion, green tomatoes, cucumber, and green chilies.
- 2. Soften the papaya (optional):**
  - if you prefer softer papaya, boil it in water for 3–5 minutes, drain and cool
  - if you like it crunchy, skip this step.
- 3. Mix the vegetables:**
  - in a large bowl, combine the papaya, onion, tomato, cucumber, and chili, toss well.
- 4. Make the pickling brine:**
  - in a saucepan, mix sugar, curry powder, mustard powder, salt, vinegar, and water
  - bring to a boil and stir until sugar and salt dissolve
  - remove from heat and let the brine cool to room temperature.
- 5. Add the brine to the vegetables:**
  - pour the cooled brine over the mixed vegetables, stir well
  - spoon the mixture into clean jars, pressing gently so the vegetables are covered in the liquid.
- 6. Seal and store:**
  - close jars tightly and keep them in the fridge
  - wait at least 1–2 days before eating
  - for best flavour, leave the pickles for 1–2 weeks.

### Tips

- 🌿 use gloves when slicing chilies if you are sensitive to spice
- 🌿 these pickles can last in the fridge for several weeks
- 🌿 great as a side dish or sandwich filling!



## Ingredients

1 medium daikon radish  
(about 1 lb), peeled and  
cut into thin rounds or  
strips

1½ cups rice vinegar

½ cup sugar

1½ tsp salt

1 tbsp soy sauce  
(optional, for extra  
flavour)

1 small piece of kombu  
(dried seaweed – optional)

1–2 tbsp mustard powder  
or turmeric (optional, for  
colour and flavour)

## Pickled Daikon Radish

A bright, crunchy side dish or sushi filling This easy daikon pickle adds a sweet, sour, and slightly salty flavour to your meal. It's great with rice, noodles, sushi, or as a snack on its own!

## How to make it



- 1. Slice the daikon:**
  - peel the daikon radish and cut it into thin rounds or long strips (julienned)
  - thin slices are best for sushi.
- 2. Salt the daikon:**
  - put the sliced daikon in a large bowl, sprinkle with salt and mix well
  - let it sit for 30 minutes to soften and release water.
- 3. Make the pickling liquid:**
  - in a small pot, combine vinegar, sugar, soy sauce (if using), and mustard powder or turmeric
  - add kombu if using
  - heat gently and stir until the sugar dissolves, remove from heat and let it cool
  - remove the kombu after the liquid has cooled.
- 4. Rinse and dry the daikon:**
  - rinse the salted daikon under cold water
  - pat dry with a clean towel or paper towel.
- 5. Add to jar:**
  - pack the daikon slices or strips into a clean jar or container
  - pour the cooled liquid over the daikon, making sure all the pieces are covered.
- 6. Refrigerate:**
  - close the jar and place in the fridge
  - let it pickle for at least 1–2 days, it will taste better the longer it sits
  - use within 1–2 weeks.

## Serving Ideas

- 🌸 use in sushi rolls
- 🌸 serve as a side dish with noodles or rice
- 🌸 enjoy with grilled or stir-fried vegetables.



## Egg Yolk and Coconut Oil Mayonnaise

A rich, homemade mayonnaise with natural ingredients. This creamy, tangy mayonnaise is made from just a few simple ingredients.

Use it as a spread, dip, or dressing.



### Ingredients

1 egg yolk (at room temperature)

¼ tsp dried mustard

¼ tsp salt

A pinch of pepper

2 tbsp vinegar (white or apple cider)

¼ pint (about 150 ml)  
coconut oil, melted and cooled to room temperature

### How to make it

1. **Start with room temperature ingredients:**
  - this helps the mayonnaise mix smoothly.
2. **Mix the yolk and seasonings:**
  - in a small bowl, whisk the egg yolk with the mustard, salt, and pepper.
3. **Add the oil slowly:**
  - begin adding the oil drop by drop while whisking quickly and steadily
  - keep whisking until the mixture starts to thicken.
4. **Continue whisking:**
  - once it thickens, pour the rest of the oil in a thin stream while whisking strongly
  - if it becomes too thick, add a few drops of vinegar to loosen it.
5. **Adjust the texture:**
  - keep alternating oil and vinegar as needed, whisking all the time until smooth and creamy.
6. **Taste and finish:**
  - taste the mayonnaise and adjust the salt or vinegar if needed.

### Serving Ideas

- 🌀 use as a spread in sandwiches or wraps
- 🌀 mix into potato or egg salad
- 🌀 serve as a dip with veggie sticks or flatbread.



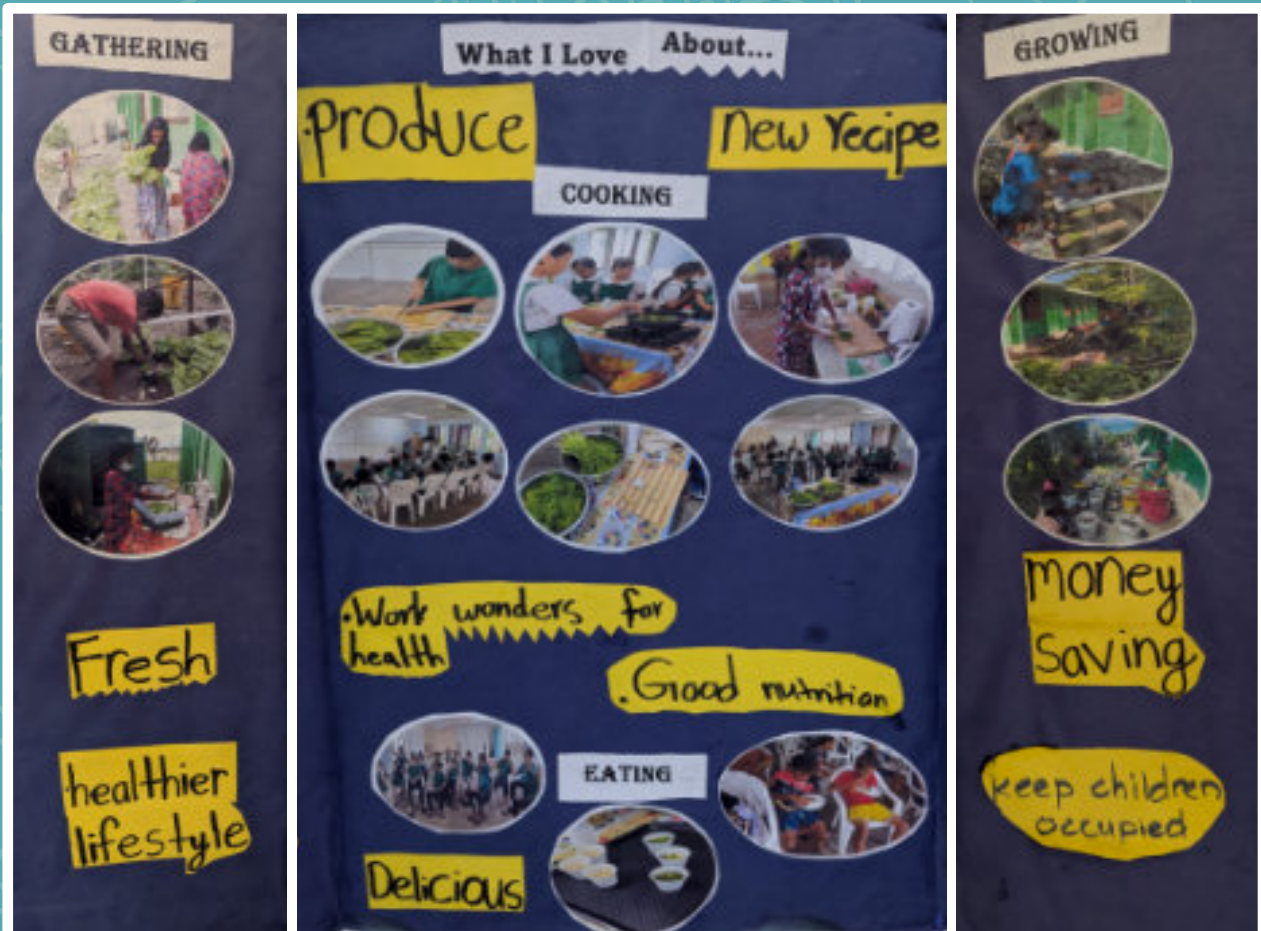
CHILDREN'S POSTERS FOR EDUCATION WEEK

# Student art gallery





# Student art gallery





APES

What I Love About Growing, Gathering, Cooking and Eating.

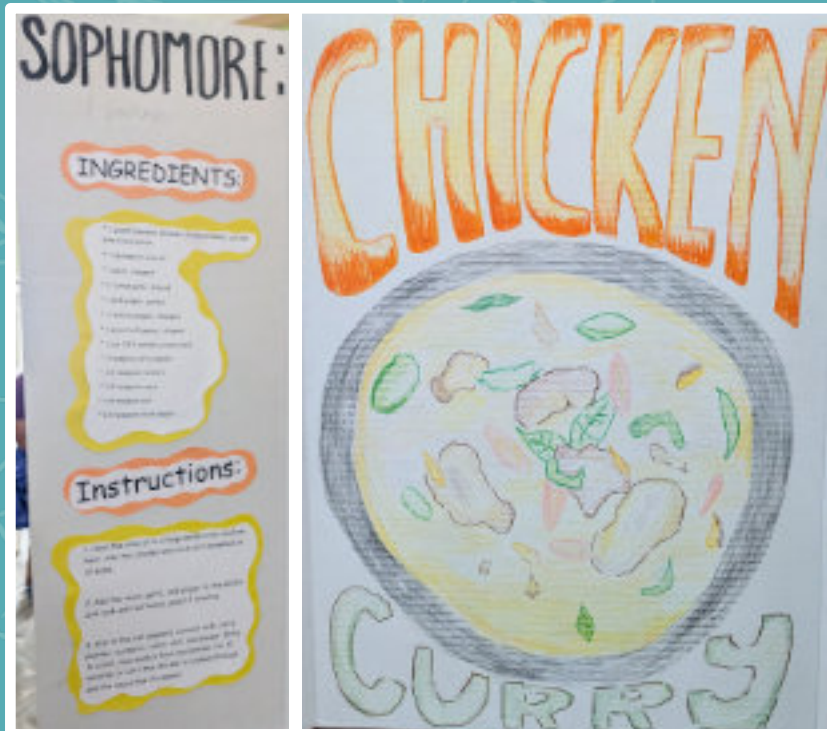
Growing

Gathering

Cooking

Eating

By: TH





# Student Art Gallery



# Appendix

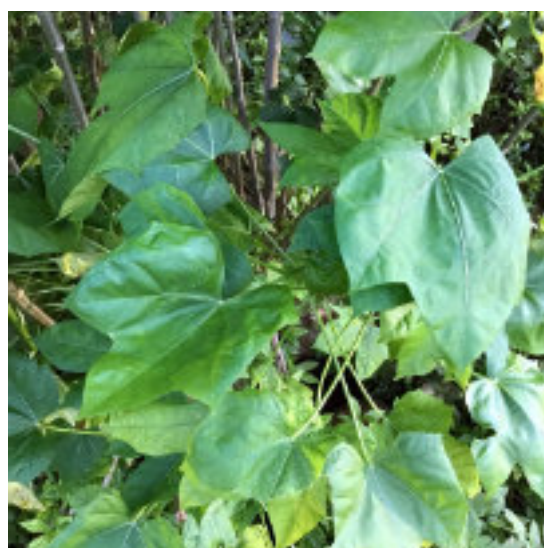
## Identification table for tropical perennial leafy green vegetables

❁ Amaranth	❁ Markinenjojo or Yellow beach pea
❁ Chaya	❁ Purslane
❁ Brazilian spinach	❁ Moringa or Drumstick
❁ Tirooj or Ofenga	❁ Ut lot or Hedge pannax
❁ Kangkong	❁ Kañal or Pisonia
❁ Sweet potato	❁ Kartōp or Bird's nest fern
❁ Pumpkin tips	❁ Pigeon pea
❁ Chili leaf	❁ Taro
❁ Bele or Pele	❁ Cassava or Tapioca
❁ Malabar spinach	❁ Mariko or Pennywort

## Alternative Edible Leafy Green Vegetable Plants



❁ Amaranth



❁ Chaya



## Alternative Edible Leafy Green Vegetable Plants...



❁ Brazilian spinach



❁ Tirooj or Ofenga



❁ Kangkong



❁ Sweet potato



❁ Pumpkin tips



❁ Chili leaf



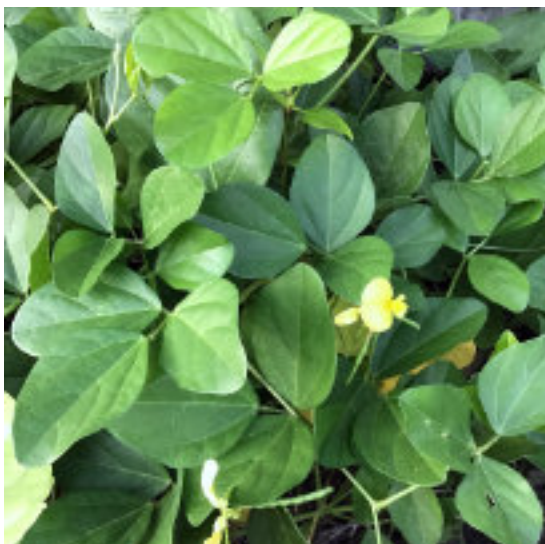
## ...in the Republic of Marshall Islands



🌿 Bele or Pele



🌿 Malabar spinach



🌿 Markinenjojo or Yellow beach pea



🌿 Purslane



🌿 Moringa or Drumstick



🌿 Ut lot or Hedge pannax



## Leafy Green Vegetable Plants continued



☼ Kañal or Pisonia



☼ Kartōp or Bird's nest fern



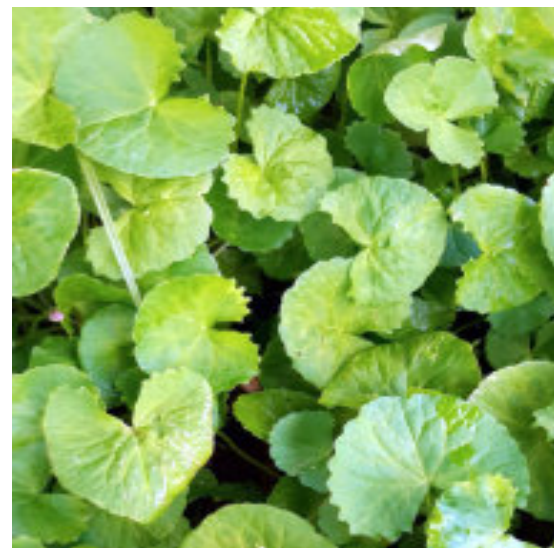
☼ Pigeon pea



☼ Taro



☼ Cassava or Tapioca



☼ Mariko or Pennywort



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The background of the entire page is a solid green color with a repeating pattern of white line art. The pattern includes various tropical elements: pineapples, bananas, and several types of leaves, including monstera and banana leaves. The fruits and leaves are scattered across the page, creating a lush, island-themed aesthetic.

Across the Pacific Islands, food is deeply tied to family, community, culture, and identity. It brings us together, nourishes our bodies, and connects us to the land and sea...

...May this cookbook be used with joy and pride, and may it help nurture a future where Marshallese children — and their families — thrive in health, in culture, and in community.

*A/Prof Sarah Burkhart  
University of the Sunshine Coast, Australia  
President, Federation of Oceanic Nutrition Societies  
Chair, Pacific School Food Network*

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Republic of the Marshall Islands