



## Poke Me Ke Aloha

**Makes:** 4 Servings

"Poke means to slice, to cut into pieces, in Hawaiian," explains Kaira. "Traditional poke is made with raw fish, Hawaiian salt, limu (seaweed), inamona (roasted, ground kukui nut), chiles, and onions. It is a favorite Hawaiian dish and my family loves making and sharing poke at family gatherings. I named my dish Poke Me Ke Aloha (poke with love) because I put all the things I love in it. I serve the poke with quinoa because it is healthier than white rice." Kaira also serves guacamole and a banana--kale sorbet for dessert with this meal.

### Ingredients

For the Tomato Poke:

**9** grape tomatoes, halved

**1/4 cup** diced sweet onion

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>521</b>
<b>Total Fat</b>	<b>31 g</b>
Saturated Fat	9 g
Cholesterol	0 mg
<b>Sodium</b>	<b>663 mg</b>
<b>Total Carbohydrate</b>	<b>47 g</b>
Dietary Fiber	10 g
Total Sugars	8 g
Added Sugars included	0 g
<b>Protein</b>	<b>20 g</b>
Vitamin D	0 mcg
Calcium	285 mg
Iron	5 mg
Potassium	797 mg
N/A - data is not available	
<b>MyPlate Food Groups</b>	
 Vegetables	1 cup
 Grains	1 ounce
 Protein Foods	2 ounces

**1/4 cup** sliced green onions

**1 dash** shoyu or low?sodium soy sauce

**1 dash** sesame oil

**1 teaspoon** sesame seeds

Sea salt

For the Tofu Poke:

**14 ounces** firm tofu, drained and cut into 1/2?inch cubes

**1/2 teaspoon** kosher salt

**1/2 teaspoon** garlic powder

**1 tablespoon** cornstarch

**2 tablespoons** coconut oil

For the Edamame Poke:

**1 cup** cooked shelled edamame

**1 dash** shoyu or low?sodium soy sauce

**1 dash** sesame oil

**2 tablespoons** toasted sesame seeds

Salt, pepper and hot sauce

For the Ulu Poke:

**1/2** ulu, steamed and cut into 1/2?inch cubes (you can substitute 2 steamed sweet potatoes)

**2 tablespoons** coconut oil or olive oil

Sea salt

- 1 thinly sliced green onion
- 1 **tablespoon** shoyu or low?sodium soy sauce
- 2 **teaspoons** sesame oil
- 2 **tablespoons** furikake
- 1/2 fresh lime, juice and zest
- 3 **tablespoons** ground macadamia nuts

Quinoa:

- 2 **cups** cooked quinoa

## Directions

1. **To make the Tomato Poke:** In a small bowl, season the tomatoes lightly with salt. Let tomatoes sit at room temperature for 10 minutes, then drain. Add remaining ingredients and gently toss.
2. **To make the Tofu Poke:** Season each tofu cube with salt and garlic powder, then dust with cornstarch. Heat a nonstick saucepan over medium heat and add the coconut oil. Add the tofu and sear for 2 to 3 minutes on each side, or until golden brown. Drain on paper towels and keep warm.
3. **To make the Edamame Poke:** In a large bowl, gently mix ingredients together. Season to taste.
4. **To make the Ulu Poke:** In a large bowl, season the ulu or sweet potato with oil and sea salt. Add the remaining ingredients and stir.
5. **To Assemble:** Serve quinoa and all the pokes.

## Notes

State: Hawaii

Child's Name: Kaira Grace Pan, 9

**Source:** The 2016 Healthy Lunchtime Challenge Cookbook