

A fantastic-tasting side dish, made from fresh taioba sautéed with olive oil, garlic, and onions.

Serves 1

Taioba Saute

1/8 cup onion, washed, peeled, chopped
2 cups taioba, washed
1/2 tablespoon olive oil
1 tablespoon garlic, crushed
Dash of salt

1. Wash and prepare vegetables.
2. In a large skillet, heat olive oil.
3. Add garlic and onions and sauté for 1 minute.
4. Add taioba and sauté for 5 minutes or until tender.
(Taioba is very delicate to cook. You start with 2 cups fresh, and end with 1/2 cup cooked.)
5. Sprinkle with salt and serve.



Tips:

- Combine chopped taioba with whole-wheat bread cubes, raw eggs and your favorite low-fat shredded cheese to create a great tasting stuffing for chicken.
- Serve cold taioba mixed with maxixe salad.
- Use taioba as a great tasting pizza topping.

Nutrition Facts: Serving size: 1/2 cup; Calories: 100; Fruits and Vegetables: 1; Fat 7 g; Fiber: 3 g

Taioba (*Xanthosoma sagittifolium*)

Taioba is the leaf of a popular root crop grown throughout the developing world. The root has many names, including tannia, amalanga, and yautia. This plant is originally from Brazil and is very similar in growth and appearance to taro (*Colocasia esculenta*) which is from Southeast Asia.

In parts of Brazil, taioba is used as a leafy green and is similar in taste and texture to spinach. The leaves are usually cooked.

For more information on Brazilian crops, visit: www.worldcrops.org



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