

HAWAII GAS  
THE CLEAN ENERGY COMPANY  
presents

# Healthy Lunchtime Challenge

for KEIKI

**Name:** Aiyana Hill-Higgins  
**Dish:** Tofu Palm Heart Lettuce  
Salad Cups  
**Age:** 12  
**School:** Hilo Intermediate



### Inspiration:

Most all my ingredients are locally sourced at my local super market with affordable prices. I used locally grown tomatoes, butterhead lettuce, basil, lime, and tofu. From my tutu's farm I used the palm heart and avocados. My inspiration for this dish and how I came up with it is from my tutu that has a farm in Hamakua that grows all kind of produce from citrus to fruits, vegetables, and palm heart. Which is one of my favorite foods so when coming up with this dish I thought of how I could use it in a way being healthy, fresh, and delicious. Also when coming up with this dish I wanted everyone to be able to enjoy so I made this dish vegan.

### INGREDIENTS

- 1: Butter head lettuce Amount needed: 1 head (2-3 leaves per cup)
- 2: Tofu Amount needed: 12oz
- 3: Palm Heart Amount needed: 1 1/2 cups
- 4: Tomatoes Amount needed: 1/2 cup
- 5: Avocados Amount needed: Half
- 6: Limes Amount needed: 3 tbs
- 7: Basil Amount needed: 2 tbs
- 8: Salt/Pepper Amount needed: pinch
- 9: Olive oil Amount needed: 1 1/2 tbs
- 10: Soy Sauce Amount needed: 1 tbs

### DIRECTIONS

- Step 1: Drain and chop tofu into 1/2 inch cubes Prep time: 5 Cooking time: 0
- Step 2: Wash and chop produce: palm heart in 1/8-inch-thick, tomatoes diced, and limes in half Prep time: 12 Cooking time: 0
- Step 3: Put palm heart, tomatoes, and lime in medium size bowl Prep time: 1 Cooking time: 0
- Step 4: Fry tofu in 1 1/2 tbs of olive oil on medium high heat until golden brown string occasionally Prep time: 0 Cooking time: 15
- Step 5: Chop 1/2 an avocado in to small cubes and finely chop 2 tbs of basil Prep time: 5 Cooking time: 0

Step 6: Add avocado and basil to palm heart, tomatoes, and lime mixturePrep time: 1Cooking time: 0  
Step 7: Add 1 tbs soy sauce to tofu and turn off heatPrep time: 1Cooking time: 0  
Step 8: Wash butter lettuce and tear off leavesPrep time: 2Cooking time: 0  
Step 9: Take 2 -3 leaves of butter lettuce and add a few piecesof tofuPrep time: 2Cooking time: 0  
Step 10: Add palm heart salad on top of tofu and enjoy!Prep time: 2Cooking time: 0