

# Kangkong Titiyas

**Makes**  
14 titiyas

**Prep time**  
10 minutes

**Cook time**  
10 minutes

**Good source of**  
Fiber  
Protein

**Ingredients:**

- 2 cups all purpose flour
- 2 cups whole wheat flour
- ¼ cup sugar
- ¼ cup canola oil
- 1¼ cup 2% milk
- 1 tsp. salt
- 1 tsp. baking powder
- 2 cups chopped leafy greens (i.e. kangkong, pechay, pumpkin tips)

## Nutrition Facts

7 servings per container  
**Serving size 2 titiyas (141g)**

Amount per serving  
**Calories 370**

% Daily Value\*

<b>Total Fat</b> 10g	<b>13%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 360mg	<b>16%</b>
<b>Total Carbohydrate</b> 62g	<b>23%</b>
Dietary Fiber 5g	<b>18%</b>
Total Sugars 9g	
Includes 7g Added Sugars	<b>14%</b>
<b>Protein</b> 10g	
Vitamin D 1mcg	<b>6%</b>
Calcium 190mg	<b>15%</b>
Iron 3mg	<b>15%</b>
Potassium 345mg	<b>8%</b>

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.

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## Directions:

1. Mix all ingredients in a bowl. Knead dough on a lightly floured surface until mixed well. If too dry, add more cold milk. If too wet, add more flour.
2. Form dough into 2-inch balls. Use rolling pin or hand to flatten dough balls into 6-inch round, 1/8-inch thick titiyas.
3. Heat a large skillet over low to medium heat. Place titiyas one at a time onto the dry, hot skillet. Cook until golden brown (about 3-4 minutes on each side).
4. Serve whole or sliced into triangles, with your favorite kelaguen, dip, or tinala katne.