

# Kådun Ma'es yan Puntan Kalamasa

**Makes**  
10 servings

**Prep time**  
10 minutes

**Cook time**  
25 minutes

**Low in**  
Sodium

**Ingredients:**

- 3 Tbsp. vegetable oil
- 2 garlic cloves, minced
- 1 small yellow onion, sliced
- 1 lb. chicken breast, cubed
- 3 cups water
- 2 cans low-sodium sweet corn, drained
- 1 can low-fat coconut milk
- 1 can low-sodium vegetable broth
- 2 cups puntan kalamasa (pumpkin tips) or other dark, leafy greens

Salt & pepper to taste

## Nutrition Facts

10 servings per container  
Serving size 1/2 cup (164g)

Amount per serving  
**Calories** **100**

	% Daily Value*
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 3g	<b>15%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 15mg	<b>1%</b>
<b>Total Carbohydrate</b> 8g	<b>3%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 9mg	0%
Iron 1mg	6%
Potassium 118mg	2%

\*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. Heat oil in a large pot over medium heat.
2. Add onions and cook until tender, about 2 minutes.
3. Add garlic and chicken breast. Saute' until chicken is brown, stirring occasionally.
4. Add water, cover, and simmer about 10 minutes or until boiling.
5. Once boiling, add corn and let simmer for an additional 5 minutes.
6. Add coconut milk, vegetable broth, and puntan kalamasa or other dark, leafy green. Add salt and pepper to taste. Lower heat, cover, and simmer for 5 minutes.
7. Serve hot.

