

# Gollai Hågon Suni

**Makes**  
12 servings

**Prep time**  
10 minutes

**Cook time**  
20 minutes

**Good source of**  
Fiber  
Protein

## Ingredients:

- 3 Tbsp. vegetable oil
- 1 large yellow onion, chopped
- 4 cloves garlic, minced
- 2 pieces local yellow ginger or *mangu'*, minced\*
- 3 boxes (10 oz) frozen chopped spinach, thawed & squeezed\*\*
- 2 fresh lemons, squeezed for juice
- 1 can (13.5 oz) lite coconut milk
- ¼ cup water
- 1-3 pcs. hot pepper, chopped
- Salt & pepper to taste

*\*Yellow ginger can be substituted for 2 tsp. turmeric.  
\*\*If using taro tips, substitute 6 cups of fresh taro tips for 3 pkgs. of spinach.*

## Nutrition Facts

12 servings per container  
Serving size 1/2 cup (138g)

Amount per serving  
**Calories 140**

	% Daily Value*
<b>Total Fat</b> 12g	<b>15%</b>
Saturated Fat 7g	<b>35%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 250mg	<b>11%</b>
<b>Total Carbohydrate</b> 7g	<b>3%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 1g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 4g	
Vitamin D 0mcg	0%
Calcium 105mg	8%
Iron 3mg	15%
Potassium 369mg	8%

\*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 pot on medium high heat. Add onions, garlic, and fresh ginger and cook until translucent, about 2-3 minutes.
2. Add spinach and cook until heated through, an additional 2 minutes.
3. Add the juice of 2 lemons. Mix and continue cooking for about 5 minutes, stirring occasionally.
4. Reduce heat to medium low and add coconut milk, water, and chopped hot peppers.
5. Season with salt & pepper and continue cooking on low for 10 minutes, stirring occasionally.
6. Turn off heat and cover pot. Serve hot.

