

Greens Galore

Kale with Coconut Milk

(Kenya, Uganda)

Ingredients:

$\frac{3}{4}$ cup Water
1 lb Fresh kale, cleaned
and chopped
1 medium Onion
3 large Tomatoes
1 cup Canned coconut milk
salt

Directions:

1. Wash kale, trim/tear off bruised spots.
2. Simmer kale in $\frac{3}{4}$ cup water 4-5 minutes.
3. Add onions, tomatoes, milk, and salt. Stir well.
Cook uncovered 20 minutes. Serve hot.

Spinach Stew

(Central African Republic)

Ingredients:

2 small Onions, chopped fine
2 Tbs Oil
2 Tomatoes, chopped
1 Green bell pepper
2 lbs Fresh spinach (or two
packages frozen spinach)
1 tsp Salt
 $\frac{1}{4}$ tsp Cayenne pepper
4 Tbs Peanut butter

Directions:

1. Cook onions until golden in 2 Tbs oil.
2. Stir in tomato and green pepper. Simmer 5 minutes.
3. Thin peanut butter with 2 Tbs warm water.
4. Add all other ingredients. Cook for 10-15 minutes. Add water if necessary
to prevent scorching and sticking.

(This is traditionally served over rice or other cooked grain.)

Recipes adapted from:

Cooking the African Way by Constance Nabwire and Bertha Vining Montgomery, *Lerner Publications*, 1988.

Recipes: African Cooking, *Time Life Books*, 1970.

African News Cookbook African Cooking for Western Kitchens, Ed. Tami Hultman, *African New Service Inc.*, 1985.

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Okra and Greens

(Gabon)

Ingredients:

1 small Onion, chopped fine
2 Tbs Oil
1 lb Shredded collards
(or turnip greens)
16 Okra
½ cup Pine nuts
½ tsp Cayenne pepper

Directions:

1. Clean and chop greens.
2. Saute onions until golden in 2 Tbs oil.
3. Add remaining ingredients plus about ¼ cup water.
4. Simmer until nuts and greens are tender, about 20 minutes.

Red Cabbage with Apples

(South Africa)

Ingredients:

2 lb Red Cabbage, cored and
shredded thin
1 Large Onion, chopped
¼ cup Oil
2 Tbs Sugar
½ cup Water
2 Tart Green Apples, cored and
cut into ¼ inch slices
½ tsp Nutmeg
1 ½ tsp Salt Dash of Pepper
2 Tbs (malt) Vinegar

Directions:

1. Pare, clean and chop onion, apple and cabbage.
 2. Saute onion in oil until golden.
 3. Add all other ingredients except vinegar, cover and simmer until cabbage is cooked.
 4. Add vinegar and cook for a minute or two. Serve hot.
- (Traditionally cooked with bacon and bacon drippings, this recipe is altered for TWIGS group use.)