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Sukuma wiki: Kenyan-style sauteed greens

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Introduction:

Sukuma Wiki is a popular Kenyan side dish that can be made out of collards or kale. In Kenya, the plant traditionally used is a tall-growing cabbage variety elsewhere known as "walking stick cabbage" for the tall woody stalk it produces. It is often served with ugali, a porridge made from maize. Translated literally from Swahili, sukuma wiki means 'to push out the week', implying that it is a staple used to stretch the family meals to last for the week.

Preparation:

1. Fill the bottom of a saucepan with about an inch of water. Insert strainer filled with greens and bring water to boil over high heat. Cover and steam for 6-8 minutes.
2. Heat oil in skillet over medium high heat. Add onions, tomatoes, and chili pepper and sautee about 3 minutes or until the onion is translucent. Reduce heat to low.
3. Mix lemon juice, flour, and 1/2 cup water in small bowl until well blended. Pour into onion mixture and mix well.
4. Add 1/2 cup water, cooked greens, salt and pepper and mix well.
5. Increase heat to medium, cover and cook for 3 minutes or until heated through.

Image (optional):

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kale [1]
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Ingredients:

- 6 cups kale or collard greens, chopped or shredded
- 3 tablespoons olive or vegetable oil
- 1 medium onion, chopped
- 1 cup stewed tomatoes, chopped
- 1 green chili pepper, seeded and chopped

- 3 tablespoons lemon juice
- 1 tablespoon flour
- 1/2 to 1 cup water

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