



Caribbean Callaloo

Yields 6 servings (½ cup each)

Ingredients

- 2 pounds fresh callaloo
- 1 tablespoon canola or olive oil
- 1 medium yellow onion, chopped
- 1 clove garlic, chopped
- 3 medium tomatoes, diced
- ⅛ teaspoon black pepper
- 1 tablespoon fresh chopped basil
- Dash of hot pepper if desired

Instructions

1. Wash callaloo well under cold running water. Remove discolored leaves. Peel any tough ribs and stems. Bundle leaves and stems together and chop into fine shreds.
2. Heat oil in a large skillet on medium heat. Cook onions and garlic until golden.
3. Stir in callaloo, tomatoes, and seasonings.
4. Cover and steam for about 5 minutes, until greens are wilted

Helpful Information

- Callaloo is sometimes referred to as “wild spinach.” Spinach or kale can be used in place of callaloo or even mixed with it.
- Cook callaloo and other leafy greens quickly with little or no water to retain the bright green color.
- Steaming quickly helps to preserve valuable nutrients, flavor, and color, without adding fat and calories.

Source: CUCE-NYC FMNP Recipe Collection 2014

Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Recipe 6 servings	
Amount Per Serving	
Calories 80	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 4g	
Vitamin A 90%	• Vitamin C 130%
Calcium 35%	• Iron 20%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	
<small>Label analysis based on ingredients listed.</small>	



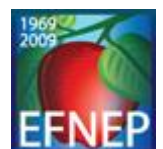
Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

This material was funded by USDA’s Food Stamp Program and Expanded Food and Nutrition Education Program.

Diversity and Inclusion are a part of Cornell University’s heritage. We are a recognized employer and educator valuing AA/EEO, Protected Veterans, and Individuals with Disabilities.

Visit Cornell University Cooperative Extension NYC at <http://nyc.cce.cornell.edu>





Calalú Caribeño

Rinde 6 raciones (½ taza cada una)

Ingredientes

- 2 libras de calalú fresco
- 1 cucharada de aceite de canola o de oliva
- 1 cebolla amarilla mediana, picada
- 1 diente de ajo, picado
- 3 tomates medianos, cortados en cubitos
- ⅛ cucharadita de pimienta negra
- 1 cucharada de albahaca
- Una pizca de chile picante (si desea)

Instrucciones

1. Lave bien el calalú en una corriente de agua fría. Remueva las hojas que están descoloridas. Pele los nervios grandes de las hojas y los tallos. Junte las hojas y los tallos y córtelos en tiras finitas.
2. Caliente el aceite en un sartén grande a fuego medio alto. Cocine la cebolla y el ajo hasta que estén dorados.
3. Eche y remueva el calalú, los tomates, y los condimentos en el sartén.
4. Tape el sartén y cocine al vapor por 5 minutos hasta que las hojas verdes estén marchitas.

Información Útil

- Al calalú se le llama ‘espinaca salvaje’. Puede usar espinaca o col rizada en vez de calalú, o también puede mezclarlo con el calalú.
- Cocine el calalú u otras verduras de hoja verde rápidamente sin o con muy poca agua para retener el color verde brillante.
- Cocer al vapor rápidamente conserva nutrientes valiosos, sabor, y color, sin añadir grasa y calorías.

Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Recipe 6 servings	
Amount Per Serving	
Calories 80	Calories from Fat 25
% Daily Value*	
Total Fat 3g	5%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	1%
Total Carbohydrate 11g	4%
Dietary Fiber 1g	4%
Sugars 3g	
Protein 4g	
Vitamin A 90%	• Vitamin C 130%
Calcium 35%	• Iron 20%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories:	2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9	• Carbohydrate 4 • Protein 4

Label analysis based on ingredients listed.

Source: CUCE-NYC FMNP Recipe Collection 2014



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, religion, political beliefs or disabilities.

This material was funded by USDA’s Food Stamp Program and Expanded Food and Nutrition Education Program.

Diversity and Inclusion are a part of Cornell University’s heritage. We are a recognized employer and educator valuing AA/EEO, Protected Veterans, and Individuals with Disabilities.

Visit Cornell University Cooperative Extension NYC at <http://nyc.cce.cornell.edu>

