



Caribbean Callaloo

Yields 6 servings (½ cup each)

Ingredients

- 2 pounds fresh callaloo (1 bunch)
- 1 tablespoon canola or olive oil
- 1 medium yellow onion, chopped
- 1 clove garlic, chopped
- 3 medium tomatoes, diced
- ¼ 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 2015

To find farmers’ market recipes, please go to: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

To find recipe videos, please visit our YouTube channel at: **Farmers Market Recipes CCE NYC**

Nutrition Facts	
Servings per recipe	6 servings
Serving size	1 cup
Amount per serving	
Calories	70
% Daily Value*	
Total Fat 3g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
Total Carbohydrate 10g	4%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 337mg	25%
Iron 4mg	20%
Potassium 1099mg	25%
<small>*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.</small>	
<small>Label analysis based on ingredients listed.</small>	

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

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

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Cornell University
Cooperative Extension
New York City



Calalú Caribeño

Rinde 6 raciones (½ taza cada una)

Ingredientes

- 2 libras de calalú fresco (1 ramo de calalú)
- 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
- ¼ 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.

Source: CUCE-NYC FMNP Recipe Collection 2015

Por favor vea recetas de los mercados en nuestro sitio web: <http://nyc.cce.cornell.edu/farmers-market-recipes/>

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servings per container	
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Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 35mg	2%
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Includes 0g Added Sugars	0%
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