

Kenyan-Style Kale and Tomatoes

from Whole Foods

2 teaspoons canola oil
1 small yellow onion, chopped
1 jalapeño, stemmed, seeded and finely chopped (optional)
3 ripe but firm tomatoes, cored and chopped
2 bunches kale or collard greens (about 1 pound total), ribs removed, leaves thinly sliced
1/2 cup water
2 tablespoons lemon juice
1/4 teaspoon sea salt
1/4 teaspoon freshly ground black pepper

Heat oil in a large pot over medium heat. Add onion and jalapeño (if using) and cook, stirring often, until softened and golden brown, 7 to 8 minutes. Add tomatoes and cook until collapsed and juicy, about 10 minutes more. Add kale, water, lemon juice, salt and pepper, toss once or twice, cover and simmer, stirring occasionally, until kale is tender and flavors have come together, 10 to 15 minutes. Spoon into bowls and serve.

NOTE: In Kenya, this dish is called sukuma wiki, named after the dark, leafy greens from which it's made. The name translates roughly to "push the week," implying the ingredient's stellar ability to stretch meals, making them last to the end of the week. Throughout the country, the popular dish is eaten without utensils, with chapati (a variety of flatbread) or ugali (a type of cornmeal mush) used to scoop up bites instead. This recipe was inspired by a Whole Planet Foundation microcredit client.

(Servings: 4, Prep time: 5 min., Cook time: 35 min., Difficulty: Easy)