

AFRICAN MENU

Salad: Spinach Yam Crunch

Take 1 medium sized yam peeled, place in the Spirooli and turn until you have 2 cups of spiralled curls.

Place these in a bowl of cool water and let soak until ready to use (this will take out some of the starch)

In a large bowl put the following:

- 3 cups spinach
- ¾ cup fresh pineapple cubed (bite sized)
- 1 mango (peeled and diced into bite sized pieces)
- ¼ cup of each: cashews & flaked coconut (unsweetened)
- ½ cup fresh cilantro (chopped)
- 2 cups yam curls (drained)

Toss with the following dressing and serve.

Orange/Pomegranate Dressing:

Blend the following in a blender until smooth and add to salad above:

- ½ pomegranate juiced (try using a citrus juicer)
- ½ orange (peeled and diced)
- ¼ tsp of each powdered spice: cinnamon, nutmeg, cloves
- ¼ cup coconut oil
- 1 tsp water (adjust so the dressing is liquid enough)

Main Course: African Stew

I like to use my slow cooker (crockpot) so I can get this all ready and leave it to work on its own while I go about.

In your crockpot put the following on high to simmer for 20-30 minutes:

- ½ cup white onion (finely chopped)
- ½ cup celery (finely chopped)
- 2 garlic cloves (minced)
- ¼ cup water
- 2 tbsp coconut oil

Once the above are soft add the following and cook on high for 2-4 hours (or low for 6-8 hours)

- 1 potato (diced)
- 1 small yam (diced)
- 3 carrots (finely chopped)
- 2 tomatoes (diced)
- ½ cup dried lentils
- ½ cup eggplant (cut into 1/2 " pieces)
- 4-5 cups of water

Stir and add sea salt, curry powder and cayenne pepper to taste (I like ½ to 1 tsp of each). Serve hot.

Other African recipes that will be in our 2019 Calendar are:

Raw Corn Lentil Chowder

Dessert: Creamed Coconut Pudding

Appetizer: Raw Corn/Avocado Cupcakes

