

African Recipes

Swahili Coconut Kashata

2 cups sugar	2 cups grated coconut
2 tablespoons milk	½ teaspoon cinnamon
1 pinch salt	½ cup flour (optional)

In a hot skillet, heat the sugar until it melts and just begins to brown. Reduce heat and quickly add all other ingredients, stirring well as it is added. Continue stirring for about a minute, making sure everything is well mixed. Scoop the mixture into a lightly greased pan. Let rest for a few minutes. Cut into squares while still warm. Makes 16 servings.

Each serving provides 167 calories, .7 grams protein, 27 grams carbohydrate, 7 grams fat, 40 milligrams sodium, 2 grams fiber.

North African Couscous Paella

1 medium red bell pepper, chopped	1 tablespoon vegetable oil
6 green onions, thinly sliced	4 garlic cloves, minced
2 cans (14.5 ounces) vegetable broth	2 teaspoons ground coriander
1 teaspoon ground turmeric	½ teaspoon salt
¼ teaspoon pepper	1/8 teaspoon cayenne pepper
2 pounds uncooked medium shrimp, peeled and deveined	
2 cups uncooked couscous	2 cups frozen peas, thawed
1 tablespoon butter	2 tablespoons chopped almonds, toasted
2 tablespoons minced fresh parsley	

In a large skilled coated with cooking spray, sauté red pepper in oil for 2 minutes. Add onions and garlic; cook 1 minute longer. Stir in broth and seasonings; bring to a boil. Add shrimp; cook for 2-3 minutes or just until shrimp turn pink. Return to a boil. Stir in the couscous, peas, and butter. Remove from heat, cover and let stand for 5 minutes. Fluff with a fork. Sprinkle with almonds and parsley. Makes 8 servings.

Each serving provides 343 calories, 28 grams protein, 45 grams carbohydrate, 7 grams fat, 841 milligrams sodium, 5 grams fiber.

West African Spinach Stew

2/3 pound beef stew meat	1 package frozen spinach
1 cup onion, diced	1 can (14.5 ounces) stewed tomatoes, diced
1 ½ tablespoons grated ginger	1 tablespoon ground nutmeg
½ teaspoon chili powder	

Steam the beef in a large saucepan with a small amount of onion and ginger. While meat is steaming, thaw the spinach in the microwave. Once meat has steamed, add the diced onions to the pot with a tiny amount of olive oil and cook until soft. Stir in the stewed tomatoes, spinach, ginger, nutmeg and chili powder. Cook over medium heat until fragrant. Continue to cook until fully warmed. Makes 6 servings.

Each serving provides 137 calories, 15 grams protein, 10 grams carbohydrate, 4 grams fat, 356 milligrams sodium, 2 grams fiber.

Moroccan-Style Stuffed Acorn Squash

2 tablespoons brown sugar	1 tablespoon butter, melted
2 large acorn squash, halved and seeded	2 tablespoons olive oil
2 cloves garlic, chopped	2 stalks celery, chopped
2 carrots chopped	1 cup garbanzo beans, drained
½ cup raisins	1 ½ tablespoons ground cumin
Salt and pepper to taste	1 (14 ounce) can chicken broth
1 cup uncooked couscous	

Preheat oven to 350 degrees. Arrange squash halves cut side down on a baking sheet. Bake 30 minutes or until tender. Dissolve the sugar in the melted butter. Brush squash with the butter mixture and keep squash warm while preparing the stuffing. Heat the olive oil in a skillet over medium heat. Stir in the garlic, celery and carrots and cook 5 minutes. Mix in the garbanzo beans and raisins. Season with cumin, salt, and pepper and continue cooking until vegetables are tender. Pour the chicken broth into the skillet and mix in the couscous. Cover skillet and turn off heat. Allow couscous to absorb liquid for 5 minutes. Stuff squash halves with the skillet mixture and serve. Makes 4 servings.

Each serving provides 502 calories, 11 grams protein, 94 grams carbohydrate, 12 grams fat, 825 milligrams sodium, 11 grams fiber.

Egyptian Lentil Soup

3 cups water	1 cup lentils
1 tomato, quartered	1 carrot, quartered
1 small onion, quartered	4 cloves garlic, quartered
1 chicken bouillon cube	1 cup water
2 teaspoons ground cumin	½ teaspoon salt
½ teaspoon black pepper	¼ teaspoon ground coriander

Place 3 cups water, lentils, tomato, carrot, onion, garlic and chicken bouillon in a saucepan over medium heat. Cook until vegetables and lentils are softened, 20 to 25 minutes. Remove from heat and cool to lukewarm. Blend vegetable and lentil mixture in a blender until smooth. Stir 1 cup water, cumin, salt, pepper and coriander into soup. Heat over medium heat until warmed. Serves 4.

Each serving provides 196 calories, 13 grams protein, 34 grams carbohydrate, .9 grams fat, 316 milligrams sodium, 16 grams protein.

African Peanut Soup

2 tablespoons olive oil	2 medium onions, chopped
2 large red bell peppers, chopped	4 cloves garlic, minced
1 (28 ounce) can crushed tomatoes with liquid	8 cups broth or water
¼ teaspoon pepper	½ teaspoon chili powder
2/3 cup crunchy peanut butter	½ cup uncooked brown rice

Heat oil in large saucepan over medium high heat. Cook onions and bell peppers until lightly browned and tender. Stir in garlic when almost done. Stir in tomatoes, broth, pepper and chili powder. Reduce heat to low and simmer uncovered for 30 minutes. Stir in rice and simmer another 15 minutes or until rice is tender. Stir in peanut butter until well blended and serve. Makes 10 servings.

Each serving provides 222 calories, 7 grams protein, 24 grams carbohydrate, 12 grams fat, 558 milligrams sodium, 5 grams fiber.

Ethiopian Cabbage Dish

½ cup olive oil
1 onion, thinly sliced
½ teaspoon black pepper
¼ teaspoon ground turmeric
5 potatoes, peeled and cut into 1 inch cubes

4 carrots, thinly sliced
1 teaspoon salt
½ teaspoon ground cumin
½ head of cabbage, shredded

Heat the olive oil in a skillet over medium heat. Cook the carrots and onion in the hot oil about 5 minutes. Stir in the salt, pepper, cumin, turmeric, and cabbage and cook another 15 to 20 minutes. Add the potatoes; cover. Reduce heat to medium low and cook until potatoes are soft, about 20-30 minutes. Serves 5.

Each serving provides 428 calories, 7 grams protein, 54 grams carbohydrate, 22 grams fat, 428 milligrams sodium, 10 grams fiber.

Yam Salad

1 pound yams or sweet potatoes, cooked and cubed
1 tablespoon onion, diced
2 tablespoons olive or vegetable oil
Salt and pepper to taste

½ cup diced bell pepper
1 tablespoon celery, diced
1 tablespoon lemon juice

Combine yams, pepper, onion and celery. Set aside. Combine remaining ingredients and pour over salad; toss lightly. Serve immediately or cover and refrigerate. Makes 6 servings.

Each serving provides 211 calories, 2 grams protein, 21 grams carbohydrate, 14 grams fat, 300 milligrams sodium, 4 grams fiber.

Bobotie

2 tablespoons vegetable oil	2 medium onions, minced
1 ½ pounds ground beef	1 cup milk
2 slices thick-sliced bread	1/2 cup raisins
1 teaspoon apricot jam	1 tablespoon hot chutney
1.2 tablespoon curry powder	1 teaspoon salt
½ teaspoon black pepper	1 egg

Preheat oven to 350 degrees. Lightly grease a 9 x 13 inch baking dish. Heat the oil in a large skillet over medium high heat. Cook the onions in the hot oil until soft. Break the ground beef into the skillet and cook until brown. Place the milk in a shallow dish. Soak the bread in the milk. Squeeze the excess milk from the bread. Set the milk aside. Add the bread to the beef mixture. Stir in the raisins, apricot jam, chutney, curry powder, salt and pepper. Pour the mixture into the prepared baking dish. Bake in the preheated oven for 1 hour. While the bobotie bakes, whisk together the reserved milk, egg, and a pinch of salt. Pour over the top of the dish. Return the bobotie to the oven until the top is golden brown, 25 to 30 minutes. Makes 8 servings.

Each serving provides 393 calories, 17 grams protein, 17 grams carbohydrate, 27 grams fat, 464 milligrams sodium, 2 grams fiber.